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SIMPLE TO MAKE SPICY HOISIN BEEF INSTEAD OF CHINESE TAKE AWAY {page 27}

FIERCE MAMA

HALLE'S CUSTODY SPAT GETS NASTY

DISH {page 21}

OTTAWA metro®
Thursday, February 3, 2011
www.metronews.ca
News worth sharing.

City gets major winter blast

Snow and high winds cancel school bus service and some flights in and out of Ottawa

MARC DESROSIERS/FOR METRO

▶ A pedestrian makes his way along Rideau Street through the storm that slowed many bus routes, cancelled school buses and stopped some morning flights at the Ottawa International Airport to other hard-hit eastern cities. For heart attack risks while shovelling snow, see page 3.

Mother Nature left its mark on the city of Ottawa yesterday with its first significant snowstorm of the new year.

Close to 20 centimetres of the white stuff fell in the area with wind gusts of 60 kilometres an hour to blow it all around.

Environment Canada said the snow storm hit a big part of the U.S. before travelling north.

"We did see a number of hours of snow, very low visibility and blowing snow," said meteorologist Geoff Coulson.

All four Ottawa school boards cancelled bus service for the day.

At the Ottawa International Airport, some flights to and from Toronto were cancelled yesterday morning, as well as flights to and from other hard-hit eastern cities such as Chicago, Newark, New York, Boston and Montreal.

Public Works started plowing and salting the streets at 4:30 am yesterday morning with more than 500 pieces of snow removal equipment battling the storm. MIKE BEASLEY

Winterlude

Annual fest promises fire and ice

Friday night opening fireworks and interactive fire play crank up the heat For cool, it's the Fokus Snow Jam snowboarding {page 15}

Cat got your mouse?

Feline fanciers can't get enough of interactive cat-cam {page 8}

WikiLeaks Nobel worthy?

Secret-spilling website gets Norwegian nomination {page 8}

Isn't it ironic?

Segregated bike lanes would wipe out precious parking spots on Laurier Avenue, says property manager {page 4}

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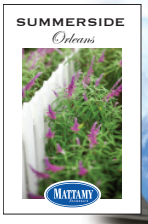

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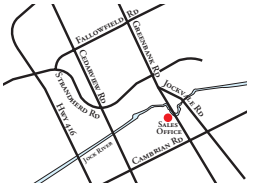

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Sens' Richardson hopes to aid teens

Ottawa Senators assistant coach Luke Richardson is teaming up with a city hospital to raise awareness about teenage mental illness.

Richardson's 14-year-old daughter Daron took her own life last November, a devastating blow for the former NHL defenceman, his family, friends and the National Hockey League fraternity.

Rather than bury themselves in grief, the Richardson family is going public to implore Canadian youth and their families to seek help.

Richardson and his wife, Stephanie, told a news conference yesterday that the family was very close and no subject was off grounds for discussion — but they never spoke of suicide as a family.

"We need to change the culture of this topic and make it OK to speak about mental health and suicide," said Richardson.

They've launched a campaign called Do It For Daron, at doitfordaron.com that has designated Feb. 8 — Daron's 15th. birthday — as a day of discussion.

Suicide is the second leading cause of death, behind accidents, for Canadian youth between ages 15 and 24.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Ottawa Senators assistant coach Luke Richardson and his wife, Stephanie, arrive for an announcement on mental health in Ottawa yesterday.

Shovel smart to avoid a heart attack

Paramedics urge Ottawans to know the risks, learn the signs

A huge snowfall can present a big heart attack risk, Ottawa paramedics are warning.

"Last Dec. 14 snowfall, Ottawa paramedics responded to three cases of heart attacks. The three males, one in his mid 40s the other two in their 70s, had been shovelling snow at the time of their attack," said paramedic service spokesman J.P.Trottier.

A year before, paramedics responded to four cases of one of the deadliest types of heart attacks, called ST elevation in myocardial infarction. Again, the victims had been shovelling snow at the time of their attacks.

175 beats per minute is the average rate of someone shovelling snow a U.S. study found. Normal adult heart rate, at rest, is 60-70 bpm.

Advice to follow

Paramedics would like to remind citizens that:

- When shovelling snow — go slow. Take frequent rests by shovelling small sections at one time. If you are breathing fast, your heart is also beating fast.
- Know the symptoms of a heart attack: shortness of breath, chest pain (often described as tightness or a feeling of pressure on the chest) and nausea. If you experience these symptoms, call 911.
- Get a yearly physical. Ask your physician if you are in good condition to shovel.
- Consider a private plowing service.
- Those most susceptible to heart attacks typically have a history of cardiovascular disease and high blood pressure.

SEAN MCKIBBON

MARC DESROSIERS/FOR METRO

▶ Stu and Gill Mapp tackle their driveway at their New Edinburgh home.

1 news

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The owner of the tour operator behind an alleged B.C. sled dog slaughter says it didn't order the shootings. More at metronews.ca

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Egypt raises diplomatic quandary

NDP foreign affairs critic wants Canada to endorse regime change

JOE LOFARO
OTTAWA@METRONEWS.CA

NDP foreign affairs critic Paul Dewar wants the federal government to tell Egyptian leader Hosni Mubarak it's time to go, but international affairs experts say it's not Canada's place to do so.

"Another country asking for another government to step down is not the way that countries should interact with each other," said Costanza Musu, a professor of international affairs at the University of Ottawa.

But recent protests in Ottawa highlight a clear appeal to the Harper government to harden its stance.

Dane Rowlands from Carleton University's school of international affairs said Canada's opinion of Mubarak's regime will have little influence on the Egyptian government.

"They're not going to step down or not step down because of what Canada says," said Rowlands.

"We have very limited credibility in the region."

Dewar, however, said Canada has the opportunity to close that credibility gap.

"Our government should have been very clear in saying that Mr. Mubarak should leave and they will be prepared to work with a transition government," said Dewar.

CONTRIBUTED

▶ Paul Dewar speaks at a protest outside the Egyptian Embassy Tuesday.

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St. Laurent Shopping Centre, Ottawa

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Traffic. Scare

▶ Firefighters work yesterday morning to extricate a 40-year-old woman involved in a three-car pileup in the westbound lanes of the 417, west of Kirkwood Avenue.

CONTRIBUTED

Complicated rescue

To free the woman, firefighters had to cut open the car doors on the driver's side and remove the car's centre post. The two other vehicles sustained minor damage, and their drivers suffered minor injuries. The Ontario Provincial Police are investigating the collision.

Condo manager fears new bike lanes

4,000 The estimated number of residents who will be affected by removing parking on Laurier Avenue.

A plan to put segregated bike lanes on Laurier Avenue will wipe out the precious few parking spaces available to residents of Ottawa's densest residential neighbourhood, says the property manager of three Laurier highrises.

"It's all right for younger people, but for our older residents it's quite a concern," said Frank Patterson, who manages the Queen Elizabeth Towers, at 500 and 530 Laurier St., and The Laurier, at 570 Laurier St.

Patterson said representatives from his buildings would be speaking to council members at a special public consultation meeting last night.

He said that their message would be to ask the city to consider another thoroughfare, such as Sparks Street, for the lanes.

The buildings, which sit near Bay Street at the western end of Laurier, were built in the 1970s, when there were no parking meters on Laurier.

SEAN MCKIBBON

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EGYPT FALLOUT

China: Don't get any ideas

The protests in Egypt are about free elections and overthrowing a longtime dictator? Not according to China's state media, which is painting them as the kind of chaos that comes with Western-style democracy.

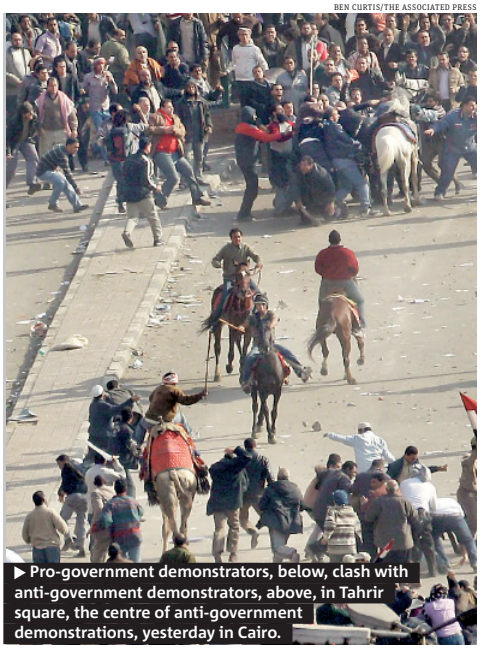
The recent uprisings in Egypt and Tunisia are no doubt giving pause to many authoritarian regimes, but nowhere else appears to be as determined to control the message as China.

Newspapers can only publish accounts of the protests from the official Xinhua News Service, a policy often invoked on stories the government considers sensitive. Censors have blocked the ability to search the term "Egypt" on microblogging sites, and deleted comments that draw parallels to China.

THE ASSOCIATED PRESS

Mubarak loyalists strike back in Cairo

BEN CURTIS/THE ASSOCIATED PRESS



▶ Pro-government demonstrators, below, clash with anti-government demonstrators, above, in Tahrir square, the centre of anti-government demonstrations, yesterday in Cairo.

At least three dead and 600 injured in violence at Tahrir Square

Supporters of President Hosni Mubarak charged into Cairo's central square on the backs of horses and camels and brandished whips while others rained firebombs from rooftops in what appeared to be an orchestrated assault against anti-government protesters trying to topple Egypt's leader of 30 years.

The protesters accused Mubarak's regime of unleashing a force of paid thugs and plainclothes police to crush their unprecedented, nine-day-old movement demanding his ouster, a day after the 82-year-old president refused to step down. They showed off police ID badges they said were wrested from their attackers. Some government workers said their employers ordered them into the streets.

The clashes marked a dangerous new phase in Egypt's upheaval: the first significant violence between government supporters and opponents.

THE ASSOCIATED PRESS

Strong words

The notion that the Egyptian state may have co-ordinated violence against protesters prompted one of the sharpest rebukes yet from the Obama administration.

- "If any of the violence is instigated by the government, it should stop immediately," said White House press secretary Robert Gibbs.

U.S. lauds news out of Yemen

Obama administration officials told The Associated Press that Yemeni President Ali Abdullah Saleh's announcement yesterday that he would not seek another term in office or try to pass power to his son was "positive" and "significant."

THE ASSOCIATED PRESS

Mob attacks camera operator

A Canadian news cameraman was beaten by an angry mob in Egypt yesterday.

Sylvain Castonguay, of the CBC's French all-news network, was punched in the face and then swarmed and pummelled by dozens of people in Cairo before being rescued by soldiers.

THE CANADIAN PRESS

Storm rages in Australia

The most powerful cyclone to strike northeastern Australia in nearly a century howled inland early Thursday, local time, tearing off roofs, flattening trees and cutting electricity to more than 170,000 people.

As the sun rose after a night of furious winds and torrential rain, authorities advised residents to stay indoors until safety could be assessed in the still-dangerous conditions. Police said utility and transportation teams were surveying the extent of damage.

The eye of Cyclone Yasi roared ashore just after midnight at the small resort town of Mission Beach in Queensland state, battering the coast with heavy rain and howling winds gusting to 300 km/h.

THE ASSOCIATED PRESS

10,000 More than 10,000 people fled to 20 evacuation centres.

Tories blitz on three fronts

Partisan attack ads paid for by the federal Conservative party weren't the only politically attuned television spots that began flooding Canadian airwaves in the middle of January.

A new volley of taxpayer-funded government advertising touting Canada's Economic Action Plan — the two-year-old, Tory-blue branding exercise that's supposedly in its final mop-up phase — began last month at exactly the same time as the Conservative party ads.

There are two sets of government ads.

"Canadian taxpayers should not be subsidizing what's essentially partisan political advertising."

GERRY NICHOLS, CONSERVATIVE PUNDIT AND FORMER COLLEAGUE OF HARPER AT THE NATIONAL CITIZEN'S COALITION

One has the Canada Revenue Agency appearing to link tax measures taken in 2006 to the Conservative government's Economic Action Plan of 2009.

The other has the federal Human Resources department spending big bucks to air prime-time Economic Action Plan ads touting job-skills training programs — even though the costliest of these programs were bank-rolled in January 2009 and are set to expire at the end of next month.

All three campaigns — the party's, the tax collector's and Human Resources' — began airing over a one-week period from Jan. 10 to Jan. 17.

THE CANADIAN PRESS

Partisanship

Plenty of media attention has been focused on the Conservative party ads and their attacks on Liberal Leader Michael Ignatieff.

- The series included a spot showing Harper at work alone in the ceremonial prime minister's office located just above the House of Commons foyer.
- That ad raised complaints that it abused the office of the prime minister for partisan purposes, and it was pulled from the party web site this week.

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Taxpayers won't fund grief trips

Ottawa rethinking payments for families' trips to Kandahar

Memorial visits to Kandahar by the families of Canadian soldiers killed in Afghanistan will continue, but they'll be financed by non-public funds, says the Defence Department.

An aide said the visits, which had been briefly in limbo, won't be billed to the taxpayer. The exact details of who will pay for the trips weren't immediately available.

The department discovered it has been paying out millions of dollars in benefits without proper authorization.

In recent years, the Canadian Forces has flown families of soldiers to Kandahar Airfield so they can see where their loved ones fought and lived and died.

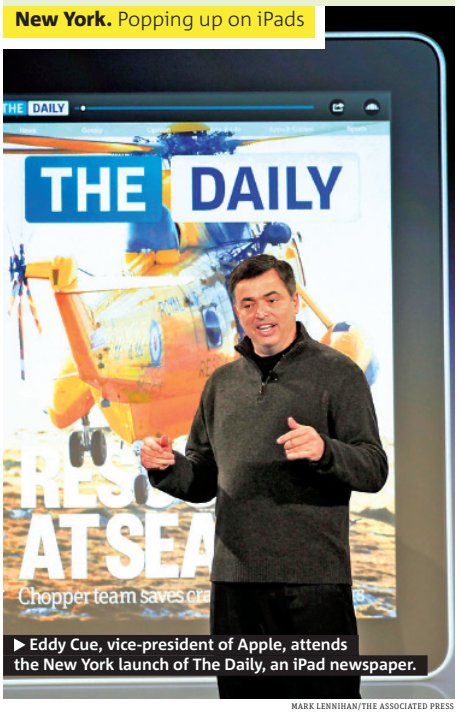
Etched into a memorial in the base's Canadian compound are the images of the 154 soldiers, two aid workers, a journalist and a diplomat who have died as part of the Afghan mission.

THE CANADIAN PRESS

Not authorized?

- A host of items have cost the Treasury what are said to be millions of dollars over the last five years.
- The benefits include bonuses for out-of-country postings, separation allowances for soldiers with long-term assignments away from families, and travel costs and expenses paid for relatives of soldiers killed overseas.

New York. Popping up on iPads



▶ Eddy Cue, vice-president of Apple, attends the New York launch of The Daily, an iPad newspaper.

MARK LENNIHAN/THE ASSOCIATED PRESS

Hold the front page ...

Media mogul Rupert Murdoch yesterday unveiled The Daily — a daily newspaper designed specifically for Apple's hot-selling iPad. The "paper" will cost 99 cents a week or $39.99 for an annual subscription.

Will WikiLeaks get a Nobel nod?

A Norwegian legislator says he has nominated WikiLeaks for the 2011 Nobel Peace Prize.

Snorre Valen of the Socialist Left Party says the secrets-spilling website has promoted human rights, democracy and freedom of speech just like last year's winner, imprisoned Chinese dissident Liu Xiaobo.

The 26-year-old legislator wrote on his blog yesterday that WikiLeaks has exposed "corruption, war crimes and torture" through its newsmaking releases of classified documents.

THE ASSOCIATED PRESS

200

The Nobel Prize committee typically receives more than 200 nominations. The nomination deadline for the 2011 prize was Tuesday.

Call them Gypsies, say panels

Two parliamentary committees in Romania have voted to change the official name of a minority ethnic group from Roma to Gypsy.

The reason the legislators gave for yesterday's vote is that Gypsy is a more widely used name for the group and that Roma is too close to the name Romania.

But the panels' votes have angered Roma civic groups.

They say the word Gypsy has long carried negative connotations such as poor, uneducated and rootless.

Romania has an estimated 1.5 million Roma, but officially the figure is said to be about 500,000.

THE ASSOCIATED PRESS

Cat-cam spies on feline fun

More than 90,000 cat lovers from 112 countries have played with the kittens at the Oregon Humane Society since September — wiggling and yanking on kitty toys at the shelter's play room.

You'd think such a large number of people would be tripping over each other at the shelter.

But these visits are by remote, thanks to technology that lets fans of felines use their computers to manipulate the toys.

It's a game of cat and computer mouse.

The kitties whack and tug at the toys while their human playmates watch via cat-cam.

The technology, called iPetCompanion, was invented by a small Idaho company, Apriori Control,

THE ASSOCIATED PRESS

RICK BOWMER/THE ASSOCIATED PRESS

▶ A cat eyes a video camera suspiciously in Portland.

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Hogging the limelight

A group of furry forecasters called for an early spring yesterday.

It was Groundhog Day.

As a winter storm howled outside in Wiarton, Ont., Canada's well-known prognosticating rodent, Wiarton Willie, failed to see his shadow, therefore predicting an early spring.

Wind whipped a dumping of snow outside to create near white-out conditions.

Still, hundreds of people turned up to see the albino groundhog, including Brian Jewett, who is from Toronto but works in the area. He said the weather was "ridiculous," but he didn't want to miss the festival.

"I'm glad that after the long drive and all the nail-biting that when I got here it was still going on. That would have been a heart-break," he said.

He was glad to hear Willie's call for an early spring and he's hoping the groundhog is right, but he doesn't put too much stock into it.

"About as much stock as I put into my football predictions — not very much," Jewett said.

Nova Scotia's Shubenacadie Sam and Pennsylvania's Punxsutawney Phil also both predicted an early spring.

Sam emerged into a special enclosure to the sound of bagpipes and the shouts of school children who had come to watch the event.

THE CANADIAN PRESS

Wake up, Ollie!

- A new groundhog in New Brunswick has joined the ranks of the furry weather forecasters. Oromocto Ollie slept through most of yesterday's ceremony at CFB Gagetown. But in the end he indicated an early spring.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Shubenacadie, N.S.: Sam looks a little lost as he forecasts an early spring.

KEITH SRAKOCIC/THE ASSOCIATED PRESS

▶ Punxsutawney, Pa.: Oh my, that Phil thinks he's head and shoulders above the rest.

▶ Wiarton, Ont.: Say, is that Willie whispering his prediction to Mayor

FRANK GUNN/THE CANADIAN PRESS

John Close?

Tweets are so sweet for PM

- Harper takes to Twitter to announce his upcoming trip to Washington
- Clement, Kenney and Moore have all used the social networking site

The Harper government is using Twitter to release information, choosing the terse social messaging site over official channels.

The prime minister's spokesperson used Twitter — which limits messages to 140 characters — to post news of Stephen Harper's coming trip to Washington to meet U.S. President Barack Obama.

The trip was confirmed via a formal news release after it had been announced online.

Spokesperson Dimitri Soudas also used Twitter to communicate the government's concern about a CRTC decision that changes what Internet service providers can charge their wholesale customers.

ADRIAN WYLD/THE CANADIAN PRESS

"I've asked for a review of the decision."

PRIME MINISTER STEPHEN HARPER TWEETS HIS CONCERNS OVER A RECENT CRTC RULING OVER INTERNET PRICING

Minutes later, a similar message was posted directly from Harper's Twitter account.

The PMO's use of Twitter as a formal communications tool above official channels is raising concern because it shuts out those don't use the site.

Also, Harper's account links followers to the Conservative party website rather than the government of Canada site.

Soudas has also been tweeting updates on the evacuation of Canadian citizens from Egypt. In January, he used the site to confirm a cabinet shuffle.

Tory cabinet ministers such as Tony Clement, Jason Kenney and James Moore have all used Twitter in the past to alert followers to news from their departments.

THE CANADIAN PRESS

@pmharper

- Prime Minister Stephen Harper (@pmharper) used the popular social networking site Twitter echo the concerns expressed by Industry minister Tony Clement on a recent CRTC ruling on Internet pricing.
- "We are very concerned about CRTC's decision on usage-based billing and its impact on consumers," Harper tweeted.

Toronto cop faces a second charge over G20

A Toronto police officer is facing a second assault charge related to G20 protests.

Toronto police say Const. Babak Andalib-Goortani, 30, was charged Tuesday with assault with a weapon.

It follows a complaint that a woman was hit with a baton near the Ontario legislature during protests last June 26.

The legislature was designated as a protest area during the summit of world leaders in downtown Toronto.

Andalib-Goortani has a March 7 court date.

He is also due in court Feb. 28 to face the same charge in the takedown of Adam Nobody, also at the Ontario legislature during the June summit.

Nobody was treated in hospital for a fracture below his right eye.

THE CANADIAN PRESS

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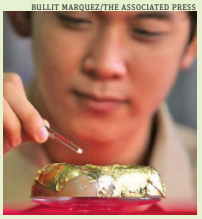
News in brief

BULLIT MARQUEZ/THE ASSOCIATED PRESS



Seeking luck in Year of the Rabbit

GOLDEN. Wealthy Chinese-Filipinos are snapping up rice cakes decorated with gold and diamonds to celebrate the Lunar New Year in hopes of attracting good luck in the Year of the Rabbit. The rice cakes sell for between $500 and $2,700 US.

THE ASSOCIATED PRESS

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We are looking for adults aged 25 - 65 who have arthritis and are currently employed to complete a short research questionnaire and telephone interview.

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ACREU Arthritis Community Research & Evaluation Unit
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Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Planets spotted with potential of alien life

Possible life forms include bacteria, mould or something never imagined

An orbiting NASA telescope is finding whole new worlds of possibilities in the search for alien life, including more than 50 potential planets that appear to be in the habitable zone.

In just a year of peering out at a small slice of the galaxy, the Kepler telescope has spotted 1,235 possible planets outside Earth's solar system. Amazingly, 54 of them seem to be in the zone that could be hospitable to life — that is, not too hot or too cold, Kepler chief scientist William Borucki said.

Until now, only two planets outside Earth's solar system were even thought to be in the Goldilocks zone. And both those discoveries are highly disputed.

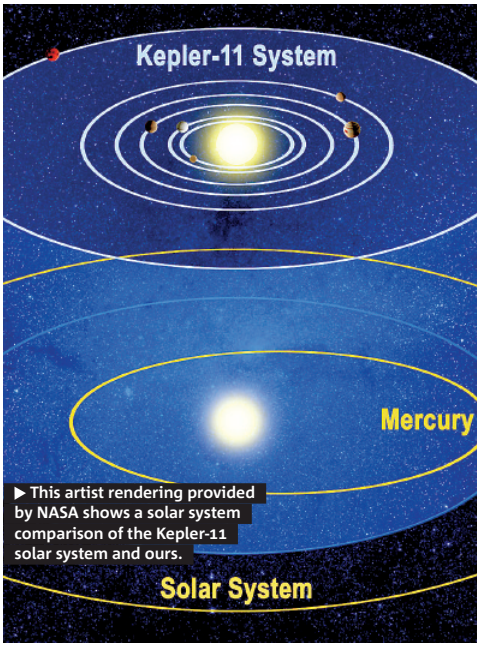
Fifty-four possibilities is "an enormous amount, an inconceivable amount," Borucki said. "It's amazing to see this huge number because up to now, we've had zero."

The more than 1,200 newfound bodies are not confirmed as planets yet, but Borucki estimates 80 per cent of them eventually will be verified. At least one other astronomer believes Kepler could be 90 per cent accurate.

After that, it is another big step to prove that a confirmed planet has some of the basic conditions needed to support life, such as the proper size, composition, temperature and distance from its star.

THE ASSOCIATED PRESS

NASA/THE ASSOCIATED PRESS



▶ This artist rendering provided by NASA shows a solar system comparison of the Kepler-11 solar system and ours.

Good News.

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ALL NEWS RADIO

The Bay takes on new foodie expansion

Analyst says like Macy's, Bergdorf Goodman and Holt's, the eatery could become a destination in its own right

The Hudson's Bay Company wants to lure "die-hard foodies" through an upscale revamping of 24 in-store restaurants, part of a wider strategy to reposition as a higher-end department store.

The chain — which has recently introduced numerous chic clothing brands in an effort to change its image — said yesterday it is partnering with upscale restaurant operator Oliver & Bonacini and food services company Compass Group Canada.

The Bay said it wants the restaurants to attract "die-hard foodies" as well as provide higher quality options for shoppers during breakfast, lunch and dinner. CEO Bonnie Brooks said prices options won't necessarily change, because food will be sold at different price points.

"We're going to have a variety of what you could call 'good-better-best' dining experiences, so there will be everything from deli and takeout and pasta bar, morning coffee, bakery, straight through to elegant dining."
THE HUDSON'S BAY COMPANY CEO BONNIE BROOKS

The restaurants that will get makeovers are located across Canada, and include flagship locations in larger cities like Toronto, Montreal, Vancouver and Winnipeg, as well as smaller locations like Moncton, Regina, and Kelowna, B.C.

Ontario-based Oliver & Bonacini will focus on flagship locations in major Canadian cities while Compass will handle technology and facelifts at smaller stores.
THE CANADIAN PRESS

Loonie, oil up amid Egypt unrest

The Canadian dollar gained against the American currency for a second straight day amid higher oil prices, which rose yesterday as investors took in a increased violence in Egypt.

The loonie climbed 0.27 of a cent to 101.19 cents US.

Egypt's upheaval took a dangerous new turn as several thousand supporters of President Hosni Mubarak attacked anti-government protesters in Cairo, sending the March crude contract on the New York Mercantile Exchange up nine cents to $90.86 US a barrel.

The March crude contract has risen more than six per cent over the past four sessions on worries that Egyptian unrest could result in a closure of the Suez Canal.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

DOLLAR	Natural gas 1,000 cu ft
(101.19¢ US) +0.27¢	$4.429 (+8.2¢)
	Gold contracts
	$1,332.10 (-$8.20)
OIL	**TSX**
($90.86 US) +$0.09 US	-32.33 (13,680.29)

"That's the political risk premium coming back in," said Gavin Graham, global strategist for Excel Funds Management.

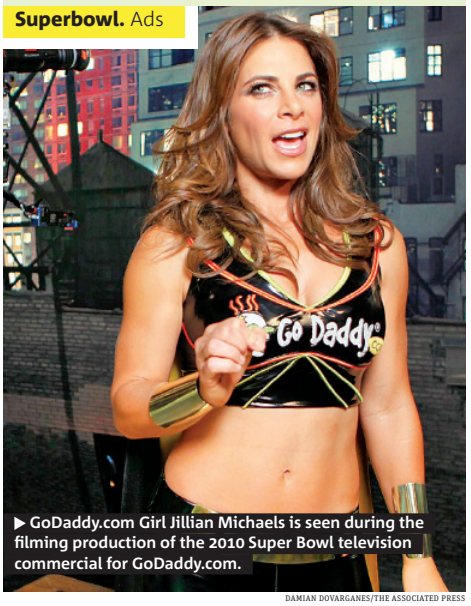
"It's not so much it's a big oil producer, it's the fact you have the Suez Canal and the pipeline and so it's something like four per cent of world oil supply going through there."

March copper in New York was off about a third of a cent from Tuesday's latest record high close at $4.55 US a pound.

However, bullion moved lower as the April gold contract on the Nymex fell $8.20 to $1,332.10 US an ounce.

The Canadian dollar had advanced just over a cent Tuesday, gaining strength on data from the Institute for Supply Management showing higher than expected expansion of the U.S. manufacturing sector in January. **THE CANADIAN PRESS**

Superbowl. Ads



▶ GoDaddy.com Girl Jillian Michaels is seen during the filming production of the 2010 Super Bowl television commercial for GoDaddy.com.

DAMIAN DOVARGANES/THE ASSOCIATED PRESS

Wager it all on 30 seconds

GoDaddy.com, which registers domain names, was almost unheard of until it ran the most talked-about ad of Super Bowl XXXIX — a spoof of Janet Jackson's "wardrobe malfunction." While the Super Bowl is the biggest gambling event of the year, for many advertisers, buying time in the game is a wager that almost always pays off. Fox is charging about $3 million US for 30 seconds of ad time this Sunday during Super Bowl XLV.

Electronics spending in 2010 down slightly

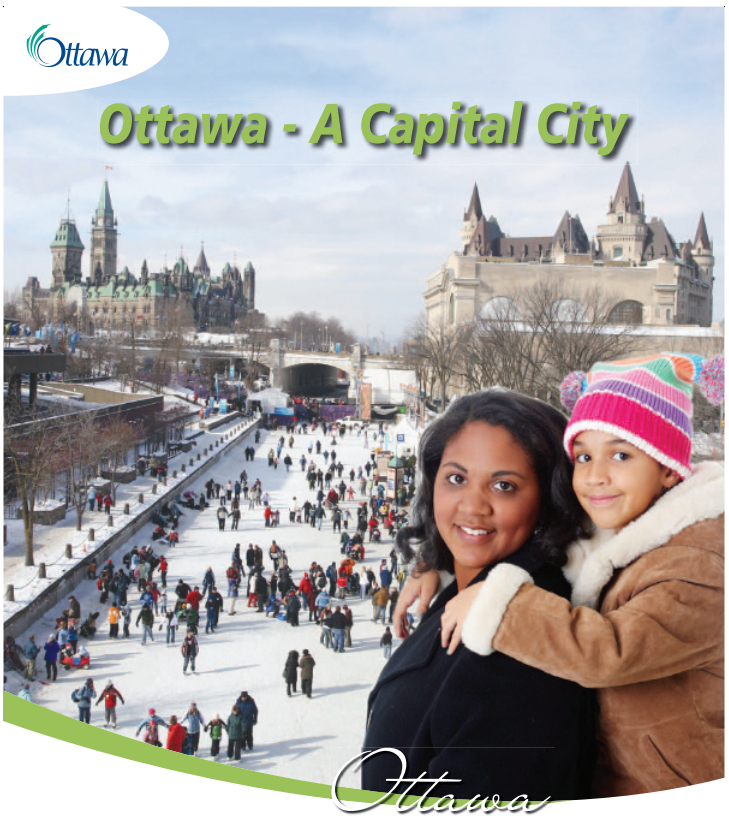
Canadians spent a total of $11.5 billion on consumer electronics in 2010 with TVs and personal computers driving the sales.

But the NDP Group says overall spending on consumer electronics in Canada was down slightly last year — off 1.1 per cent from 2009.

NPD Group's director of consumer electronics Mark Haar says prices for a number of products in "hot" categories for consumers have come down, which partly explain the year-over-year decline in spending.

For example, sales of flat panel TVs grew 19 per cent in 2010 versus 2009, while prices fell.

Haar says the average price of a 32-inch flat panel TV — the most popular size — was $363 last December, versus about $443 for the same period in 2009. In 2007, the same flat panel TV was $720.
THE CANADIAN PRESS



The City of Ottawa opens its doors to immigration, and invites you to make Ottawa your new home. Explore ottawa.calimmigration to find out more about immigrating to Canada's capital.

BARNEY'S VERSION NOT ABOUT SIMPSONS

He says ...

JOHN MAZEROLLE

Canadian film needs help — not because it's bad, but because it's good.

The Genie nominations were announced yesterday, revealing a roll call of films including Incendies and Barney's Version that stand up well against anything worldwide, be it The King's Speech or the double-rainbow guy.

At least I assume the Canadian films are great. I haven't seen them yet, and neither have most of you.

Therein lies the problem. While I will likely see both those films, you can bet that my chances of seeing any of the other Genie nominees is the same as me getting in line for Twilight 4, the one where Edward Cullen comes out of the closet (but only when invited).

The problem is not Canadian films, which are usually excellent. It's that we, as a nation, suck at hype.

Filmgoers consume pop culture the same way people buy groceries: We go for what's at eye-level first, the less reaching the better. We will go to what has exciting trailers, fast food tie-ins, and off-camera controversy.

Subsidies for Canadian film should be used to put money where our mouths are — keeping Canadians talking about film all year round, no matter what the movies are. Here are a few ideas:

MCDONALD'S MEALS: There are difficulties promoting Canadian films, given their typical subject matter. For instance, the great Canadian movie The Sweet Hereafter is a heartwarming story of incest, paralysis, and dead schoolchildren, which are difficult concepts to build a Happy Meal around, even with the damaged school bus toy. So I propose Melancholy Meals that embrace the ennui of a Canadian winter and give our children something bigger to chew on. For instance, you can have a burger your way, or you can have Barney's Version, complete with chewed-off cigar bits for dessert.

ADULT FILM TIE-INS: For example — PassionDales, or Sex, Lies, And Videodrome.

Finally, imagine the stirring scene if Ricky Gervais hosts the Genies.

Ricky Gervais: Good evening ... you bunch of sods!

Canadian crowd: He's right! We're sorry!

With the proper hype, the Genies could become just like the Oscars. People will have Genie pools where they try to guess the winner of Best Actor You Know From Somewhere, people will ooh and aah at what Gorden Pinsent is wearing this year, and the girl in the shower in Porky's will captivate during her lifetime achievement speech.

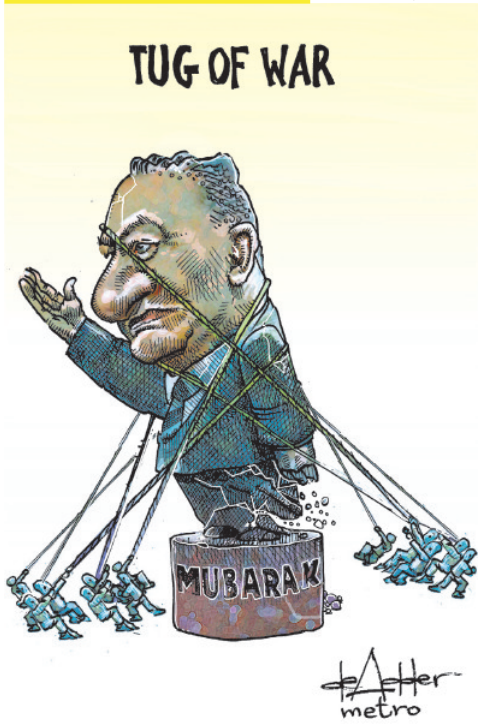
I even have an idea for my own movie.

I can't reveal too much right now, but let me whet your appetite with two words: Triple rainbow.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



Who you gonna call?

Letters & Tweets

We asked: In honour of Groundhog Day, what's your favourite Bill Murray movie?

@dubstf: Scrooged. I watch this modern adaptation of Dickens' classic story every xmas eve because it's heartwarming & hilarious.

@MattHoekstra: Best Bill Murray flick? Lost In Translation. Captured the essence of foreign culture, and I like saying ScarJo.

@dantic: Scrooged and Ghostbusters, it's a dead heat.

@sunny_daze01: toss-up between Caddyshack and Ghostbusters.

@sunny_daze01: omg i forgot about Scrooged!! OK i change my vote to: "I like ALL Bill Murray movies."

@regtiangha: Lost In Translation, The Life Aquatic with Steve Zissou, The Royal Tenenbaums, Ghostbusters.

@bgroundnoise: Ghostbusters IS the best. No debate. But Life Aquatic with Steve Zissou is good, too.

@Mel_Brown: My favourite Bill Murray movie was always What About Bob?

@boostventilator: It's a toss-up between Rushmore and Garfield: A Tale Of Two Kitties.

@harriscandoit: My favourite Bill Murray classic is the holiday classic Scrooged. I never miss it on TV.

@williamcmurray: have to go with the little watched Where The Buffalo Roam.

Back off, I'm a scientist

UBERMOOGLE2006/FLICKR

What are your critical ingredients for a good Super Bowl party?

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Metro Minute at National Arts Centre

Tonight at 7, for free, you can hear pianist Jonathan Biss and National Arts Centre's Pinchas Zukerman perform Beethoven's Spring Sonata for piano and violin at the National Arts Centre's Southam Hall. But if that's not enough music for you, buy a ticket and hear Biss in the same spot at 8 p.m. perform Beethoven's Emperor concerto. Though the piece was composed amid the chaos of Napoleon's occupation of Vienna, the NAC says the "music remains ever defiant, rebellious, triumphant." The performance is part of the NAC's winter sale and you can snag a pair of tickets for $39. After the concert, writer and broadcaster Eric Friesen will host a talk with Zukerman and Biss.

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CONTRIBUTED

▶ Jonathan Biss will perform at the National Arts Centre tonight.

American Express® WINTERLUDE OPENING — Tomorrow, February 4

HANDOUT

▶ Visit canadascapital.gc.ca for all the details on Winterlude.

Winterlude will be warming up

The capital region's annual celebration of fun and snowflakes starts this week ◐ Visit canadascapital.gc.ca for a full list of events

WINTERLUDE HIGHLIGHTS
Opening night at the Canadian Museum of Civilization is a must-see for anyone new to the festival, and those who are old pros at Winterlude. The event — which runs from 7 p.m. to 9 p.m. — will include an IMAX presentation, dance party and more. There will also be fireworks at 9 p.m. to mark the 100th anniversary of Parks Canada.

Skating on the Rideau Canal is another must for Winterlude-goers. There is no better way to enjoy the festival than on this historic ribbon off ice which cuts through the city — offering great views and a chance to meet new and old friends. The canal will also play host to the Great Canadian Beaver Cup Pond Hockey Classic.

FOR THE KIDS — AND KIDS AT HEART
Jacques-Cartier Park will be transformed into Snowflake Festival during Winterlude, offering snow rides, snow sculptures, a playground and games. It's also home to the Ice Hog Family — the festival's mascots. On opening weekend, the Canadian Museum of Civilization will also host family activites, with the Fokus Snow Jam snowboarding event, Igloofest, and an interactive fire experience.

BRING YOUR ICE PICK
You don't need to visit a city art gallery to enjoy art during the festival. Instead, grab a hot cup of cocoa and walk through the ice sculptures in Confederation Park. Carved by some of the best ice artists in the world, these frozen creations will be lit up at night by coloured lights, creating a multi-hued wintery wonderland.

METRO

Info

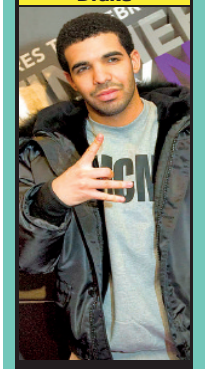
What you need to know

Winterlude Not sure how to get to Witnerlude? A shuttle bus service, called Sno-Bus, is being provided by the Société de transport de l'Outaouais and OC Transpo on weekends during the festival. The service is free for children under 11, and $3.50 for adults. You will also be issued a transfer that is valid for the day. Visit sto.ca or octranspo.com

What to wear With events taking place day and night, and the weather alternating between breezy and blustery, make sure to dress appropriately. Warm clothing that will allow you room to move is a must — you can't enjoy a skate down the canal if you are shuffling in a too-tight snow suit — along with gloves, mitts and scarves to keep the chill away.

2 scene

Drake



For the second year in a row, Toronto rapper Drake will perform at the Grammy Awards. He'll take the stage with Rihanna, a year after performing alongside Lil Wayne and Eminem.

THE CANADIAN PRESS

Elton John tells Rolling Stone magazine Billy Joel needs serious rehab and tough love

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Do you think you make the best stew? Send your recipe with ByWard Market ingredients to events@byward-market.com and be entered to win great ByWard Market prizes!

American Express®

Winterlude Openi

Friday, February 4 at the Canadian Museum of Civilization

Come celebrate the Canadian winter in a unique setting. Featuring free IMAX project interactive fire experience, artistic performances and activities celebrating the 100th ann of Parks Canada. Don't miss the spectacular musical **fireworks show**. Then, dance to the m of DJ Neerav.

Family Fun

Fireworks

DJ Dance Part

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WINTERLUDE BAL DE NEIGE

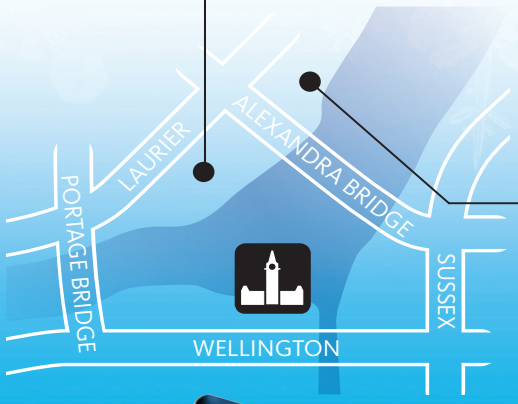
Canada

ng

ions, an
iversary
rhythms

Canadian Museum of Civilization

- Free admission, 5 pm to 11 pm
- Free IMAX projections from 5:30 pm
- Artistic performances, 7 pm
- Official launch, 8:30 pm
- Musical fireworks show, 9 pm
- Dance party with DJ Neerav, 9:15 pm
- Live music from the National Parks Project, 9:30 pm



Jacques-Cartier Park

- Musical fireworks show, 9 pm
- Site open until 9:30 pm

Schedule subject to change.

Download the free Winterlude iPhone app and create your own calendar that you can share with your friends! Follow us on **Facebook** and **Twitter**.

100 1911-2011 YEARS
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CANADIAN MUSEUM OF CIVILIZATION
MUSÉE CANADIEN DES CIVILISATIONS

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American Express® WINTERLUDE OPENING — Tomorrow, February 4

Today's latest bands appear in more commercials than ever ◐ How do they feel about going mainstream ... to sell autos?

Sell outs? or perhaps marketing geniuses?

"I think what you have is that the record industry is probably in the worst place it's ever been, but I think it allows for more creativity now. What you have now is other ways to get your music out and other ways to try to break an artist."

AMERICAN IDOL JUDGE AND MUSIC INDUSTRY VETERAN RANDY JACKSON

SCOTT GRIES/GETTY IMAGES

▶ Left to right, Christopher Bear, Daniel Rossen, Ed Droste, and Chris Taylor of Grizzly Bear.

During last year's Super Bowl, a song from the indie band Grizzly Bear played in front of an audience of millions — not during the halftime show, but during an ad for Volkswagen cars.

In the U.S., music acts teaming up with big business reflects the new economics of music. What was once seen as selling out for cash, now just makes sense.

"Because everything is so instant now and people seem to always have their laptops and smart phones with them when they're watching TV, when a song that they like comes on in a commercial, they can just look it up and buy it right then, and this is something that the artists realize," says Peter Shane, vice president of creative services for Spirit Music Group, a music company that specializes in placing songs into all sorts of media and works with iconic catalogues by the likes of Lou Reed and T. Rex.

Within the past few months, the U.S. audience has heard Edward Sharpe and the Magnetic Zeros performing Janglin for Ford or Vampire Weekend singing about how a holiday is the best time of the year to buy a Civic, and they may have also noticed that when Honda wanted to move their sport hybrid model, which they bill as "complete opposites in complete harmony," they picked the song Riot Rhythm by Sleigh Bells, a duo whose metallic guitars and sweet cheerleader vocals could also be defined as complete opposites in complete harmony. Not unlike the way music and commercials coexist.

"The 'sell out' discussion never even happened, we happily license our music for movies and advertisements on a case-by-case basis," says Sleigh Bells guitarist and chief songwriter Derek Miller.

"It's almost pretentious to avoid the opportunity, especially in this climate."

Lisa Milberg of the Swedish band, The Concretes says people in the States recognize her band's song, Say Something New mostly because it was in a Target commercial.

"It was with very mixed emotions, because before that we didn't do any ads and we tend to say 'no' most of the time," she says.

"It was strange to see that it worked and that it had an impact and it makes people buy the music, which is good, but you would maybe rather they bought the music without the ad." ◐ METRO WORLD NEWS

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Big money business

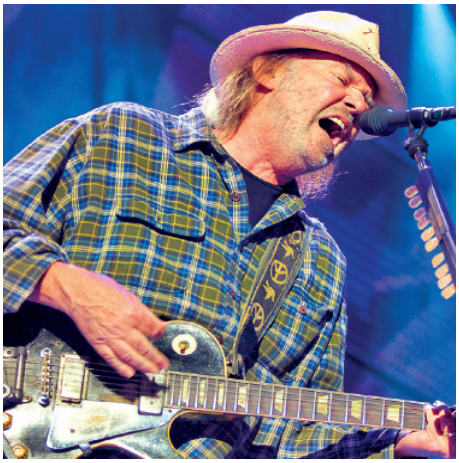
Breaking artists through commercials is the reason that Lloyd Simon has set up his new website, TheTapMusic.com.

Simon, an entertainment lawyer and founder of MTV is responsible for pairing the Dirty Vegas song Days Go By with Mitsubishi and putting Sting in a Jaguar for a 1999 ad that was a real game-changer for commercialized music.

He says when it was more taboo for musicians to license their music to commercials, the pay was higher, but now, he estimates most licensing results in about $10,000 to to $50,000.

"There's a lot more bands out there that are getting licenses, so I think the volume has gone up because there's so much more music now to pick from," he says. "The world has changed. In terms of revenues for bands, the two biggest sources of revenue are licensing and touring." ◐ METRO WORLD NEWS

GETTY IMAGES



A timeline of commercial music

- **1950s to mid-1960s** In the first years of TV, musicians like Chubby Checker and the Rolling Stones promoted products.
- **1967** The Who release The Who Sell Out, parodying the pairing of product placement and musicians.
- **1989** Neil Young, pictured, is awarded Video of the Year by MTV for This Note's For You, a pledge of sorts to not allow his music in ads.
- **1999** Play by Moby becomes the first album to have all of its tracks licensed for movies, TV or ads.
- **1999** The Nick Drake song Pink Moon sells more than it did when he was alive after its use in a Volkswagen ad.
- **2002** The White Stripes reportedly turn down several lucrative offers from The Gap to appear in a commercial.
- **2008** Shazam, an app that IDs songs by snippets, is available for iPhone, enabling users to hold phones up to the TV when an ad comes on, to learn who recorded it.

New album was release therapy for Ricky

Ricky Martin began writing a new CD, but then he had to stop.

The singer says he got so comfortable revealing his feelings — and his sexuality — that he needed to explore that in another way.

"When I started writing my music, in this cathartic process, I started writing my book ... and I had to stop doing music because what was coming out was really intense," Martin said.

His memoir, Me, hit The New York Times bestseller list in November. And while Martin says he'd love to release a book of photos next, he's putting out the album that somewhat served as the prequel to Me.

"Because of what I learned about myself with the book, I ended up writing the music for this album," he said of Musica + Alma + Sexo, his twelfth effort, out this week.

"For the first time in my life I was not forced to release an album."

The Puerto Rican singer said that kind of freedom allowed him to take risks and get emotional.

20

Martin, now 39, has quite the resumé in music. He has sold more than 20 million albums in the United States, won a Grammy and toured the world.

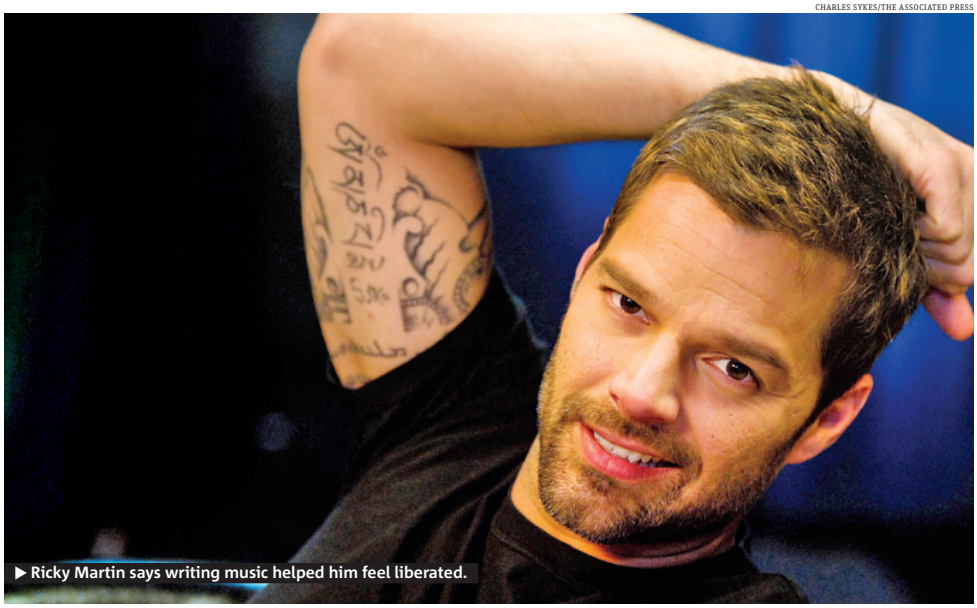
"There were emotions (and) it was not easy," he said. "You have to start opening doors within your mind, opening doors and closing them (like), 'I don't want to go into that room ... Should I? No, but I have to,'" he recalled.

"It was very liberating (and) very healing."

Martin spent two years making the mostly Spanish CD, co-writing each track and reuniting with Desmond Child, the producer behind his hits Livin' la Vida Loca and She Bangs.

He will support the disc when his U.S. tour kicks off in Puerto Rico on March 25 and wraps up on May 8 in San Diego. He says he plans to bring sexy back on tour.

CHARLES SYKES/THE ASSOCIATED PRESS



▶ Ricky Martin says writing music helped him feel liberated.

"It's going to be a very sexual tour 'cause it is a sexual album. So let's just have fun and provoke," he said.

Martin became a father to twin boys through a surrogate mother two years ago. And he's looking to expand his family: "Of course I want daddy's girl. In a couple of years, not now."

He also said though his boys are young, they're catching the music bug. He's even open to them being teen singers like he did when he debuted in the boy band Menudo.

"I'm very lucky because my parents supported this ... If they didn't support me, today I would be so frustrated," he said. "I want (my kids) to be happy. I would never force them into anything ... What I'm trying to say here is that for many years I did things for others to be happy. I don't want them to go through that." THE ASSOCIATED PRESS

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Ready for season two

Courteney Cox reveals to Metro the reasons why Cougar Town is so popular

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

HANDOUT

▶ Courteney Cox

With Courteney Cox's Cougar Town settling into its second season, the sitcom has gotten away from it's attention-grabbing title — especially now that Cox's character isn't dating younger men and is settling down with her neighbour and boyfriend, Grayson (Josh Hopkins).

Cox spoke with Metro about the changes the show is going through, famous guest-stars and being a fan of wine.

What did you think of your character ending up in a long-term relationship so soon?
I think it's just a new approach. I'm so used to being on Friends and other shows. It's a functioning relationship, but with two kind of really non-functioning people in some ways. I mean, Grayson doesn't really know how to have a relationship. This is brand new for him. And Jules, you know, she's already had a kid. There's a lot of things to explore within the relationship that won't necessarily keep you on the edge of your seat, but it will be dealing with real-life situations. I think it will stay, you know, relevant and fun.

When you started the series, did you do a lot of research on cougars or base Jules on anyone you know?
I think she's such a new cougar, she didn't know how to be one. She was like, 'Oh, wow. That guy is young and cute.' I didn't know how to do it, but no. My husband is seven years younger than me, so I've always — not always, but I've been with a much younger man for a long time.

When did wine become such a central part of the show?
You know, I do like wine, there's no question, and (creator) Bill (Lawrence) does like to take things from our personal lives and put them in the story, but he exaggerates. So yes, I like wine and yes, I might fill a glass more than other people. But then I think once something works, then he just runs with that ball and then that's what happens. And it's not that the wine is real — although sometimes it is. You know, late in the day sometimes.

Jules was quite insecure about her body image when the show started. Has her perception of her body changed?
She's pretty much still insecure about it, I think, as we all are. I mean, so many women are. We did certain episodes like the one with Lisa Kudrow where I didn't want to see this dermatologist — she's so good, but she's so mean to me. I think she is still just as insecure about stuff. But now she has a boyfriend and she probably feels a little better about herself because he makes her feel good.

Will we see any other Friends cast-mates on the show?
I don't know. I mean, Matthew's got his own show. Matt LeBlanc has got his own show. Lisa and Jennifer have already done it. And Schwimmer is probably doing so many things, probably directing, and just got married. I don't know. I don't think so.

All in good fun

- Being the newcomer to the group of friends at the core of Cougar Town, Josh Hopkins' Grayson often finds himself the butt of a lot of teasing, but he swears he doesn't mind.
- "We're a pretty brutal bunch to one another," he says of his co-stars. "When they say cut, we tease a lot worse than, 'You have small eyes.' I am a d---, so I can take it."
- While he claims the jibes roll off his back, Hopkins admits he would like to have a chance at some revenge.
- "I would like a shot to sit down and write stuff about the writers, because they obviously sit in a room and come up with this stuff about us," he says.
- With Hopkins' and Cox's characters getting serious with their relationship, Hopkins has found himself getting a lot more screen-time. It's a plot development he admits he was surprised by.
- "I thought for sure we'd break up early in this year," he says. "That's because I've been watching TV my whole life, like everyone, and that's what happens."

Sober coach goes to Sheen's house

As Charlie gets treatment, Two and a Half Men crew is getting restless

GETTY IMAGES FILE

While Charlie Sheen is allegedly getting rehab treatment at home, his Two and a Half Men bosses are looking at getting back to work within a month, according to E! Online — and a lot of the crew are hoping it will be sooner.

"A lot of us do not get paid if we don't work," a source at the show says.

"So if he's off getting rehab or porn-o-ing or whatever, we're screwed."

Meanwhile, Sheen is reportedly seeing a sober coach at his home because he has refused go to actual rehab.

"He is at home now and those close to him are trying to get him to enter a facility," a source says. "But he doesn't think he has a problem." METRO

Talking points

LiLo being investigated for theft

PEOPLE Barely a month out of rehab, and Lindsay Lohan is facing scrutiny by law enforcement — only this time it's in connection with jewelry theft, according to Radar Online.

"Lindsay is being accused of stealing high-end jewelry, including a necklace," a source says.

"A search warrant was requested Tuesday at the Airport Court to search Lindsay's house for the item of jewelry in question."

Investigators reportedly have video of Lohan wearing the missing jewels. METRO

Fight for custody concerns Halle Berry

PEOPLE Halle Berry's custody battle with ex Gabriel Aubry is getting vicious, according to Us Weekly.

"Halle has serious concerns for her daughter's well-being while in the care of her father for any extended period of time and is prepared to take all necessary steps to protect her," a source says.

But Aubry is reportedly telling a different story, claiming that Berry is inattentive of their two-year-old daughter, Nahla, and is more concerned with her love life, according to TMZ. METRO

Celebrity tweets

Lindsay Lohan [@lindsaylohan] Hate when i record a show, then i dont have the episode that follows it! then again, if thats my biggest problem... life's great!

Paris Hilton [@ParisHilton] Just got adjusted by my chiropractor Dr. Tom Marinaro. It's incredible what an adjustment does to you. I feel so much better! Dr. Tom rocks!

Tyra Banks [@tyrabanks] BellyButton talk time! I used to be outtie, now I'm innie. Weird. Maybe I am an alien...

Conan O'Brien [@ConanOBrien] People always recognize me, even when I wear sunglasses. Maybe it's the "Talk to me, I'm Conan O'Brien" t-shirt. METRO

Carey reveals sex of twins

Mariah Carey and Nick Cannon are not only expecting twins, but they're having both a boy and a girl, they revealed to Life & Style. "Even before we announced it was twins, I was trying to keep everything gender-neutral." METRO

3 life

International makeup phenomenon Charlotte Willer stocks up for sunnier days with a little help from Maybelline cosmetics

The forecast calls for bright & beautiful

Sassy spring days

GET THE LOOK

- To begin, for the complexion, use Maybelline's FIT ME foundation to create a 'second skin" and even base.
- Define eyebrows: It is very important to frame the face — try Maybelline New York Define-A-Brow.
- Use FIT ME Illuminator on the eye lid for a soft even finish.
- On the eyes, use Maybelline's Volum' Express One by One Mascara with a light application on the lashes.
- For the cheeks, use FIT ME Medium Coral — apply with your fingertips.
- For the lips, define the lips using COLORsensational No. 630 Red Revolution to create a strong lip.

Smokey spring soirees

GET THE LOOK

- Begin with FIT ME foundation to create an even base.
- Define eyebrows using Maybelline New York Define-A-Brow
- Line your eyes with Black Eye Liner Pencil or EyeStudio Gel Eyeliner in Blackest Black
- Accent the eye with Maybelline's EXPERTWEAR Amethyst Smokes palette, using deep purple on the bottom of the eye. Continue with the deep colour on the lid and crease. Use the white shadow to highlight.
- Continue with Volum'Express One by One Mascara in black applying to the lashes and making the eyes more dramatic.
- For the lips, apply Maybelline's COLORSensational Pink Sand.
- Apply the FIT ME Light Pink to cheeks for a soft natural complexion.

Dos and don'ts

SPRING FORWARD

"For Spring, you will see a lot of colour - especially for the lips. I love a bright lip no matter the season! Use color boldly and play it up!"

"What you won't see this spring are muted colours or a strong lip and a strong eye together - it is one or the other, definitely not both! The 'artificial shimmer' is gone this season too."

GLOBAL MAKEUP ARTIST CHARLOTTE WILLER

Jean Paul Gaultier isn't done. There are more movies to be inspired by, muses to court and corsets to sew.

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Bright-eyed boys

Keep the panda eyes away with these serums

RICHARD PECKETT
WWW.METRO.LU
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The festive holiday parties may be over, but the dark circles and puffy skin around your eyes likely tell the tale of a debaucherous few weeks.

To help hide the signs of a few too many late nights out, try replenishing tired eyes with one of these rescue creams.

1 SHISEIDO EYE SOOTHER
$37
shiseido.com

2 BIOTHERM
$48
biotherm.com

3 CLARINS
$30
clarins.com
usclarins.com

4 L'OREAL HYDRA ENERGETIC EYE ROLL ON
$11
loreal.com

5 MALIN & GOETZ
$42
spacenk.com

Grooming pick

Rub your way to abs of steel

Seeing as most men count getting fit at the top of their New Year's resolutions, there's no time like the present to splurge on the necessary tools. The ingredients in Lab Series' Ab Rescue Body Sculpting Gel includes caffeine, creatine and soya protein, which all keep working post gym session to sculpt, mold and define your upper body.

RICHARD PECKETT

LAB SERIES
$30
labseries.com

Home of the hive

Before Audrey, Amy and Marge made the 'do famous, Margaret Vinci Heldt made the 'do up

▶ Style superstars such as Jennifer Lopez still sport this '60s look.

As the 92-year-old retired hairstylist Margaret Vinci Heldt of Chicago tells it, Modern Beauty Shop magazine (now Modern Salon) was looking for a new design, something different to feature in its February 1960 issue. She came up with the beehive.

"I went home and I thought, 'What am I going to do that hasn't done before?"' Heldt says in an interview at her apartment in a suburban Chicago retirement community, scrapbooks filled with pictures of her hair designs stacked near the couch.

Inspiration came to her in a little black velvet hat, shaped like a small bump and lined on the inside with red lace. Heldt went downstairs to her family room one night while her family was sleeping. She put on a little music and started working with hair atop a mannequin head.

"Before you know it something was coming out," she said. "And I thought, 'I like this."'

It became what the magazine called "the beehive." Now more than a half-century later, Heldt is garnering accolades and attention. Today the hat sits atop a gold metallic hat box on Heldt's living room coffee table. The box reads "Lorraine's Footlight Hat Shop."

This March the trade group Cosmetologists Chicago will give its first scholarship in Heldt's name for creativity in hairdressing, and the Chicago History Museum is taking steps to include that velvet hat and mannequin into its collection.

The beehive became a cultural phenomenon during the 1960s and evolved into a style worn today as Hollywood's starlets walk red carpets.

"If it's done right it's so classic," said Jay Manuel, creative director and judge on America's Next Top Model.

HE ASSOCIATED PRESS

Online retailers let you click 'til you drop

DECOR MOMENT

KARL LOHNES
HOME@
METRONEWS.CA

Everyone loves a great bargain on home decor items and there's no easier way to find deals during the winter than sitting at the computer. No slushy roads, crowds, stuffy stores and fighting for deals.

Online shopping is now easy, safe and most of all convienient. I purchase clothing, shoes, bedding, dishes, lighting and even my groceries online. I can shop when and where I want, plus have items delivered where I want (home, work, cottage or elsewhere). Here are some pointers to get you started on your way to a more fashionable home via the web.

Finding a good website

When starting off, shop the websites of large, reputal retailers. If visiting non-retail e-sites then use referrals from friends who may have experienced a positive shopping experience with them.

Shop online with real stores, not just e-commerce style sites when starting out.

The real stores will often use their e-sites as clearance sites for outdated merchandise whereas sites that do not support a retail business usually do not have clearance stock.

Shop online with stores who you have physically shopped at before; you'll have a better idea about the quality of their products.

This is very impor-tant when buying things like bedding, clothing or shoes. Always shop with a website that offers a contact phone number on their site. If you have any questions you can call them before ordering.

FLICKR: HYGEINE MATTERS

▶ Shopping online from the comfort of home is especially convenient during the winter.

What to look for

Look for pop-up banners promoting special items and promotions that are happening on the site. Look for extra-specials like additional discounts off seasonal items or free shipping incentives.

What to buy

End of season items (they'll be like new next year!), holiday decor, product you might already have but need more of like china or flatware, and bedding. Knowing that goldtones are going to be hot next Christmas, I've gone online and purchased discounted holiday items in gold for next year; all with huge savings.

Paying for the goods

If you don't feel comfortable giving your credit card number online then call in your order to the customer help line. They can process your order verbally so that you don't have to enter your credit card information online.

Use your gift cards online. Its a safe way to pay for the items without having to share your credit card information. Or ask a friend who has already shopped on the site and has an account.

Never click on the box that allows the retailer to keep your credit card information. Punch it in new each time you shop.

Some retailers will charge a large shipping fee to cover duty and brokerage fees. If so, you should be spending at least four times this fee to make it affordable.

Check out

My favorite sites:

- **urbanoutfitters.com** Funky decor items, floor mats, decorative hooks and iPod cases.
- **sears.ca** All the necessities like bedding, pillows, tablecloths and home tools.
- **restorationhardware.com** Always great furnishings and lamps on sale.
- **anthropologie.com** Very unique tabletop items and drapery panels.

Make decorating decisions easier

The journey to the ideal wall colour or room style is fraught with angst. It doesn't help that decorating options are so extensive. Here are expert tips to make decor decisions a bit easier:

Look at yourself

Pay attention to what you're drawn to in magazines, other people's homes, TV shows. Think about the colours in your wardrobe, too. Chances are those colours and styles will translate into rooms you'll love

Test-drive it

Test a large paint swath on all four walls. The light, the room's orientation and the surrounding colours all have an effect on a paint shade. Bring home samples of window treatments, wall and floor finishes, even cabinet doors.

Size it up

Take a tape measure to the store, make sure the piece will fit your space, and sit on it as you would at home. A leather sectional may look nice, but nobody's going to enjoy sitting on it if it's not comfy.

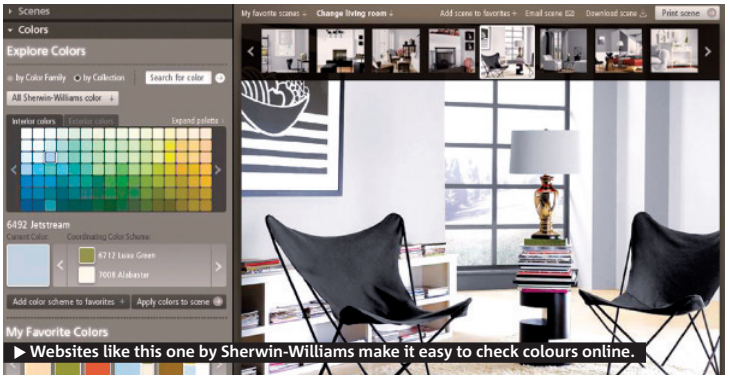
Go online

Benjamin Moore, Behr, and Sherwin-Williams among others offer online programs where you can overlay paint shades on different room styles.

Show your personality

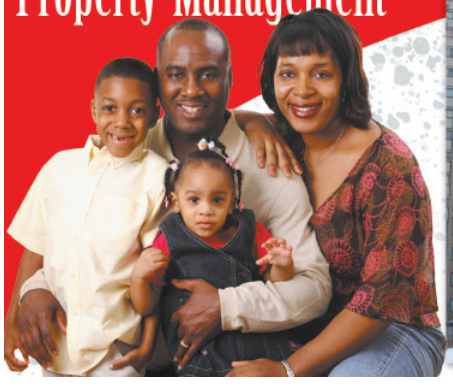
However you arrive at your decorating decisions, trust your instincts.

THE ASSOCIATED PRESS



▶ Websites like this one by Sherwin-Williams make it easy to check colours online.

Frank J. McDonald
Property Management



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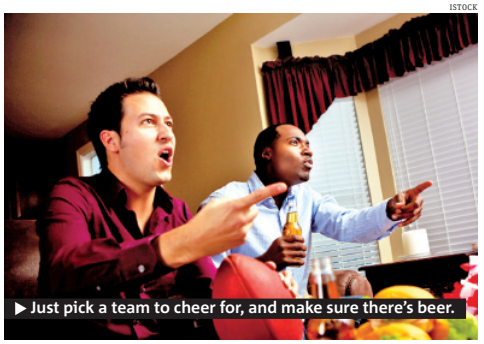
Super Bowl 101

Not a football fan? Former TSN SportsDesk anchor Teresa Kruze shows you how to fake it with your friends

ISTOCK



▶ Just pick a team to cheer for, and make sure there's beer.

TERESA KRUZE
@METRONEWS.CA

You've been roped into watching the Super Bowl on Sunday. Know nothing about the NFL? It will be the most watched TV event of the year and chances are you've probably been invited to a party somewhere.

Here is everything you need to know to enjoy the game and a few inside hints to make you look like an expert.

Who is Playing

Pittsburgh Steelers vs Green Bay Packers.

Two of the most storied franchises in the NFL will meet up in Arlington, Texas, for Super Bowl XLV.

The Steelers are six-time Super Bowl Champions and last won in 2009. They're coming into the game with a swaggering, "been there, done that" attitude.

The Packers have won three Super Bowls but are the holders of twelve championships — more than any other team in NFL history. They last won the Super Bowl in 1997 and are hungry to take Vince Lombardi's trophy back to Green Bay.

Instant expert

Here are a couple of key phrases you can throw in to show that you're Super Bowl savvy:

- "I'm expecting both teams' D to come up big".
- "The Steelers have to go to the air if they want to beat The Pack."
- "I hear Troy Polamalu's hair is three feet long."

30M

Americans will eat 30 million pounds of snacks on Super Sunday and Canadians won't be far behind.

Gotta have grub

Leave the crab stuffed mushrooms and duck pate off the menu. You'll need platters of heart- stopping snacks from all the major football food groups: Beer, chili, hot wings, beer, beef on a bun, beer, pizza, beer and nachos smothered in layers of cheese. Did I mention you'll need some beer? Stock up.

Don't bother with the cute theme cake featuring a large chocolate football in the middle of a green mint icing field. Waste of time. After they finish chowing down the chili, pizza and nachos you won't need dessert. But if your crowd is still hungry bring out another batch of hot chicken wings. They'll thank you. Trust me.

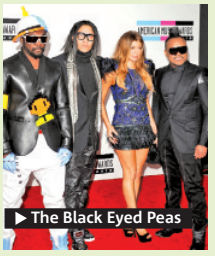
Fans

GETTY IMAGES

You will notice a lot of people in the stands wearing big triangles of fake cheese on their heads because Packers fans are called "Cheeseheads." The state of Wisconsin is known for its cheese production and what started out as an insult in 1987 has turned into a tradition. They have fun and look goofy but never doubt the passion or sincerity of the "G Force."

Steelers fans are a rabid bunch and will be waving Terrible Towels — their good luck blankie. The Steeler Nation will be the first to remind anyone cheering for Green Bay that their team won the Super Bowl two years ago while the Packers haven't won since 1997. Whatever. Bragging rights are on the line and expect the noise from the stands to be LOUD.

Entertainment



▶ The Black Eyed Peas

Don't miss the halftime show because it's always a spectacle on Super Sunday. Remember Janet Jackson's wardrobe malfunction in 2004 now referred to as "Nipplegate"? Keep an eye on the clock and when two quarters have passed in the game make sure you're in front of the TV. The Black Eyed Peas are set to rock Cowboys Stadium. "I Gotta Feelin" they're gonna "Boom Boom Pow"!

The U.S. TV commercials within the Super Bowl telecast have become an event on their own. The corporate giants pull out all the stops in entertaining the masses and everybody talks about them for weeks after. We don't get all the U.S. commercials here on the Canadian broadcast but the ones we do see are pretty entertaining.

Who to watch

Pittsburgh Steelers
AFC Champions

GETTY IMAGES

Troy Polamalu

No. 43 Safety: Defensive Player of the Year. Nursing an Achilles injury but unless he's handcuffed to a hospital bed expect him to play. He'll be the one with the long, black, curly locks flowing from his helmet. Can't miss him.

Ben Roethlisberger

No. 7 QB: Two-time Super Bowl winner. Coming off a tough year personally and is looking for redemption by leading the Steelers to Super Bowl glory.

Green Bay Packers
NFC Champions

GETTY IMAGES

Aaron Rodgers

No. 12 QB: Has all the weapons. Looking to step out from behind the shadow of his predecessor, Brett Favre.

Clay Matthews

No. 52 LB: Fourteen quarterback sacks this season and 3.5 through the playoffs so far. He's a man on mission. Look out Big Ben.

A sophisticated Super Bowl snack

These classy Portobello Fries with Truffled Aioli are proof that not all foods for the big game were created equal

Who says game day grub can't have a sophisticated side?

In this unusual — and tremendously flavourful — take on the common french fry, French chef Eric Ripert substitutes thick slices of portobello mushroom for the potato and serves them with a rich truffled aioli.

Preparation:

1 **Aioli:** In a blender, combine egg yolks, lemon juice and garlic. With the blender on medium, drizzle canola oil and olive oil into yolk mixture in a slow steady stream until aioli is emulsified and well blended. Season with truffle oil, salt and pepper. Transfer aioli to a small bowl and set aside.

2 Trim stems from mushrooms, scrape out gills, and gently wipe mushroom caps with a damp cloth. Cut mushroom caps into 1-cm (1/2-inch) wide strips.

3 In a shallow dish, combine breadcrumbs, cheese, pepper, salt and thyme. Place flour and eggs in separate shallow dishes. Toss mushroom strips in flour to coat evenly, then dip them into eggs, then roll them in breadcrumb mixture.

4 In a large skillet over medium, heat about 2.5 cm (1 inch) of canola oil to 160 to 180 C (325 F to 350 F). Working in batches, place breaded mushroom strips in the hot oil and cook on all sides until golden brown, 3 to 4 minutes. Transfer to a tray lined with paper towels. Serve hot with the aioli.

THE ASSOCIATED PRESS

Ingredients:

Aioli
- 2 large egg yolks
- 30 ml (2 tbsp) lemon juice
- 5 ml (1 tsp) minced garlic
- 125 ml (1/2 cup) canola oil
- 125 ml (1/2 cup) olive oil
- 30 ml (2 tbsp) white truffle oil
- Fine sea salt, to taste
- Ground white pepper, to taste

Portobello Fries
- 4 portobello mushrooms
- 375 ml (1 1/2 cups) fine dried breadcrumbs
- 125 ml (1/2 cup) grated pecorino Romano cheese
- 5 ml (1 tsp) ground black pepper
- 3 ml (3/4 tsp) fine sea salt
- 2 ml (1/2 tsp) dried thyme
- 50 ml (1/4 cup) all-purpose flour
- 2 large eggs, lightly beaten
- Canola oil, for frying

LARRY CROWE/ THE ASSOCIATED PRESS

▶ Skip the potatoes in favour of mushrooms to create these unique fries.

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Heat up your Chinese New Year with Spicy Hoisin Beef and Noodles

Ringing in the Year of the Rabbit doesn't have to mean ordering out. Make your own feast with this simple dish

LARRY CROWE/ THE ASSOCIATED PRESS

You can reduce the Asian chili-garlic sauce by half for a milder version of this dish.

Ingredients:

Ginger Soy Noodles
- 2 pkgs (each 9 oz/255 g) fresh egg noodles (sold alongside produce and tofu)
- 2 tsp (10 mL) sesame oil
- 2 tsp (10 mL) minced fresh ginger
- 1 red bell pepper, sliced into thin, 2-inch (5 cm) long strips
- 3 green onions, thinly sliced diagonally
- 3 tbsp (45 mL) soy sauce

Spicy Beef
- 3 tbsp (45 mL) cornstarch
- 1/4 tsp (1 mL) five-spice powder
- 1 lb (500 g) flank steak, cut into 1/4-inch (5 mm) thick strips across the grain
- 1/4 cup (60 mL) vegetable oil
- 1/4 cup (60 mL) hoisin sauce
- 2 tbsp (30 mL) Asian chili-garlic paste
- 2 tbsp (30 mL) rice vinegar
- Sesame seeds (optional)

Preparation:

1. **Ginger Soy Noodles:** Bring a large saucepan of salted water to a boil. Add noodles and cook according to package directions. Drain and set aside
2. Return saucepan to stove. Add sesame oil and heat over medium-high heat. Add ginger, bell pepper and scallions. Sauté for 1 minute; add noodles and soy sauce and toss well. Cover and set aside.
3. **Spicy Beef:** In a shallow bowl, stir together cornstarch and five-spice powder. Toss steak strips in mixture to coat.
4. In a deep skillet over high, heat oil. Sauté steak strips turning occasionally for about 3 minutes or until crispy and browned. Drain off any excess oil. Stir in hoisin, chili-garlic paste and rice vinegar.
5. Serve beef over noodles. Sprinkle sesame seeds.

EMILY RICHARDS, WITH FILES FROM THE ASSOCIATED PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE ON EMILY, VISIT EMILYRICHARDSCOOKS.CA.

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Saucy clams for a prosperous year

Clams symbolize prosperity, green onions an open mind

Clams symbolize prosperity in Chinese cuisine, and they are a must-have at Chinese New Year's banquets. Ditto for the green onions, whose hollow shoot represents an open mind. In this recipe, a combination of oyster, soy and black bean sauces creates an intense sensation of umami.

Preparation:

1 In a large wok set over high, bring water to a boil. Add clams and return water to boil. Cook, stirring for about 5 minutes until clams begin to open. As the clams open, remove them to a large bowl. Continue until all of the clams have opened (discard any that do not open). Set clams aside. Discard water and wash and dry the wok.

2 **Sauce**: In small bowl, whisk together chicken stock, oyster sauce, soy sauce, sesame oil, cornstarch, sugar and white pepper. Set aside.

3 Heat wok over high heat for 40 seconds. Add peanut oil and using spatula, coat wok with oil. Add ginger, garlic and black bean sauce and stir to combine for about 1 minute or until garlic is fragrant. Add clams and stir for 2 minutes. Make a well in the centre of the clams and add sauce. Stir constantly for about 2 minutes or until sauce thickens and clams are thoroughly coated. Transfer to a warm serving dish and sprinkle with cilantro and green onion.

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Ingredients:

- 8 cups (2 L) water
- 30 medium clams, scrubbed with a stiff brush to remove sand and grit

Sauce

- 2/3 cup (150 mL) chicken stock
- 1 1/2 tbsp (22 mL) oyster sauce
- 1 1/2 tsp (7 mL) soy sauce
- 1 tsp (5 mL) sesame oil
- 1 tbsp (15 mL) cornstarch
- 1 tsp (5 mL) granulated sugar
- Pinch white pepper
- 3 tbsp (45 mL) peanut oil
- 2 tbsp (30 mL) peeled and shredded fresh ginger root
- 2 tbsp (30 mL) julienned garlic
- 3 tbsp (45 mL) black bean sauce
- 1 tbsp (15 mL) thinly sliced fresh cilantro
- 1 tbsp (15 mL) thinly sliced green onion tops

LARRY CROWE/ THE ASSOCIATED PRESS

▶ The star of this dish may be the clams, but an oyster, soy and black bean sauce comes a close second.

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Senators mauled by 'the Mule'

Franzen has a night to remember in high-scoring Red Wings victory

7	5
RED WINGS	SENATORS

Johan (the Mule) Franzen scored five goals as the Detroit Red Wings defeated the Ottawa Senators 7-5 yesterday night.

Kris Draper and Niklas Kronwall also scored for Detroit (31-13-6) while Jimmy Howard made 29 saves.

Milan Michalek scored twice for Ottawa, while Peter Regin had a goal and two assists. Chris Campoli and Alex Kovalev also scored for the Senators.

Robin Lehner was pulled midway through the second period after allowing four goals on 19 shots in his first start at home. Brian Elliott allowed two goals on 19 shots in relief.

The Senators (17-27-8) have lost eight straight games, and 14 of 15. Ottawa hasn't won a game at home since a Dec. 26 game against Pittsburgh.

This was Detroit's first visit to Ottawa since October 2008.

The Senators opened the scoring with a power-play goal by Kovalev, but back-to-back goals by Franzen, just 48 seconds apart, gave Detroit a 2-1 lead.

Ottawa responded with a pair as Regin and Campoli each scored their second of the season to give Ottawa a 3-2 lead.

After a slow start to the second period the Red Wings scored twice in a span of 13 seconds to regain the lead.

Lehner made two great saves, but the rookie couldn't stop Draper on the third attempt.

On the ensuing play, the Red Wings took control and continued to pressure Ottawa deep in its own end before Nicklas Lidstrom found Kronwall at the blueline. Kronwall drilled a shot through traffic and beat Lehner through the legs.

That marked the end of Lehner's night, and fans didn't appreciate the goaltending change as Elliott was booed by the 18,011 on hand at Scotiabank Place. Elliott had lost his last 11 starts.

Elliott looked awful as Franzen completed the hat trick with a power-play goal just 30 seconds into the third, beating the goalie short-side.

The Senators tied the game 5-5 29 seconds later as Kovalev scored his second of the night.

On a Detroit two-man advantage, Franzen scored his fourth of the game and gave Detroit a 6-5 lead.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Brian Elliott and teammate Mike Fisher look away as the Red Wings' Henrik Zetterberg congratulates Johan Franzen on his game-winning goal last night.

Storm can't help Raps avoid another defeat

100	87
HAWKS	RAPTORS

Joe Johnson scored a season-high 37 points while Josh Smith had 18 points and 11 rebounds as the Atlanta Hawks beat Toronto 100-87 last night, the Raptors' 13th straight loss.

The Hawks have won two of three and five of eight.

Toronto's losing streak is the team's longest since it dropped 13 in a row from Feb. 12-March 7, 2002.

Amir Johnson scored 20 points and DeMar DeRozan added 16 points for Toronto, which dropped to 5-22 on the road.

The Raptors didn't arrive in Atlanta until yesterday morning because of a Midwest snowstorm that kept them stuck in Indianapolis since Monday and forced them to check into the same hotel three times.

At one point, the team's charter flight sat on the runway for five hours before returning to the gate.

Toronto began the third quarter on a 10-0 run that ended with Jose Calderon's baseline layup and a 55-54 lead, the Raptors' first since early in the first quarter. THE ASSOCIATED PRESS

Sports in brief

Steeler gives himself 75% chance to play

NFL. Pittsburgh Steelers rookie centre Maurkice Pouncey sat out practice yesterday but expects to play in the Super Bowl.

He sustained a high left ankle sprain in the AFC championship game.

THE ASSOCIATED PRESS

Belichick top coach again

AWARDS. New England coach Bill Belichick has won The Associated Press 2010 NFL Coach of the Year award, the third time he has earned the honour.

He led the Patriots to a 14-2 record and received the award for the third time after also winning it in 2003 and 2007.

THE ASSOCIATED PRESS

4 sports

Quoted

"I am very conscious of the legacy that is the Pittsburgh Steelers. I simply want to add to it."

STEELERS COACH MIKE TOMLIN

"When you walk into your building every day and you have pictures of Curly Lambeau, Vince Lombardi and Mike Holmgren, our history is among us all of the time. It creates a standard and expectation that fits right along with our vision."

PACKERS COACH MIKE MCCARTHY

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	51	33	13	2	3	174	134	71	16-7-0-2	17-6-2-1	7-3-0-0	L1
d-Tampa Bay	52	32	15	3	2	158	154	69	17-4-1-1	15-11-2-1	7-3-0-0	W6
d-Boston	51	29	15	2	5	155	114	65	13-9-1-2	16-6-1-3	7-3-0-0	W2
Pittsburgh	52	33	15	2	2	161	117	70	18-9-1-0	15-6-1-2	6-3-0-1	W4
Washington	52	27	15	5	5	142	132	64	16-5-2-5	11-10-3-0	3-3-2-2	L3
Montreal	52	29	18	4	1	136	127	63	17-6-3-1	12-12-1-0	6-2-1-1	W2
NY Rangers	53	29	20	2	2	151	130	62	12-11-1-2	17-9-1-0	5-5-0-0	L2
Atlanta	53	24	20	3	6	153	170	57	12-10-1-4	12-10-2-2	2-5-1-2	L1
Carolina	51	25	20	2	4	155	158	56	13-9-1-1	12-11-1-3	5-5-0-0	L1
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	51	22	23	2	4	136	138	50	11-8-2-3	11-15-0-1	3-3-1-3	L3
Toronto	50	20	25	2	3	128	156	45	11-11-2-2	9-14-0-1	4-5-0-1	W1
Ottawa	52	17	27	5	3	114	169	42	9-15-2-2	8-12-3-1	1-7-1-1	L8
NY Islanders	51	16	28	3	4	123	166	39	8-12-1-3	8-16-2-1	3-6-0-1	L1
New Jersey	50	17	30	2	1	103	145	37	10-13-1-1	7-17-0-1	7-2-1-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	51	32	10	4	5	169	122	73	17-3-1-4	15-7-3-1	5-2-1-2	W3
d-Detroit	50	31	13	4	2	173	148	68	15-6-3-1	16-7-1-1	6-3-0-1	W2
d-Dallas	51	30	16	1	4	148	141	65	16-7-1-3	14-9-0-1	6-3-0-1	L1
Nashville	51	27	17	4	3	136	122	61	11-4-3-3	16-13-1-0	5-4-0-1	L3
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	52	25	18	6	3	149	145	59	10-9-3-2	15-9-3-1	5-5-0-0	L1
Chicago	51	27	20	2	2	164	143	58	16-13-0-0	11-7-2-2	6-3-0-1	W1
San Jose	51	26	19	4	2	144	141	58	13-10-2-1	13-9-2-1	5-4-0-1	W1
Minnesota	50	26	19	1	4	131	134	57	12-11-0-2	14-8-1-2	6-4-0-0	W2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
Los Angeles	51	27	22	1	1	143	125	56	17-9-1-0	10-13-0-1	4-5-0-1	L1
Calgary	52	25	21	2	4	147	154	56	14-9-0-1	11-12-2-2	7-1-1-1	W5
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Columbus	50	23	22	3	2	134	159	51	12-12-0-1	11-10-3-1	3-5-1-1	L2
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Detroit 7 Ottawa 5
Pittsburgh 3 N.Y. Islanders 0
Montreal 3 Florida 2
Vancouver at Phoenix
Los Angeles at Edmonton
San Jose at Anaheim
Tuesday's results
Calgary 3 Nashville 2 (SO)
Montreal 3 Washington 2 (SO)
Toronto 4 Florida 3 (SO)
Vancouver 4 Dallas 1
New Jersey 2 Ottawa 1
Boston 3 Carolina 2
Chicago 7 Columbus 4
Minnesota 1 Los Angeles 0 (SO)
N.Y. Islanders 4 Atlanta 1
Pittsburgh 4 N.Y. Rangers 3 (SO)
San Jose 5 Phoenix 3
Tampa Bay 4 Philadelphia 0
Colorado at St. Louis (ppd., storm)
Tonight's games
(all times Eastern)
Dallas at Boston, 7 p.m.
Carolina at Toronto, 7 p.m.
New Jersey at N.Y. Rangers, 7 p.m.
Nashville at Philadelphia, 7 p.m.
Calgary at Atlanta, 7 p.m.
Minnesota at Colorado, 9 p.m.
Tomorrow's games
Florida at New Jersey, 7 p.m.
Buffalo at Pittsburgh, 7 p.m.
Columbus at Detroit, 7 p.m.
Washington at Tampa Bay, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Chicago at Vancouver, 10 p.m.

RED WINGS 7, SENATORS 5

First Period
1. Ottawa, Kovalev 10 (Gonchar, Karlsson) 1:15 (pp)
2. Detroit, Franzen 22 (Salei) 6:52
3. Detroit, Franzen 23 (Zetterberg, Bertuzzi) 7:40
4. Ottawa, Regin 2 (Kovalev, Campoli) 8:40
5. Ottawa, Campoli 2 (Alfredsson, Foligno) 11:12
Penalty — Kronwall Det (slashing) 0:32.
Second Period
6. Detroit, Draper 5 (Eaves, Helm) 10:36
7. Detroit, Kronwall 9 (Lidstrom) 10:49
8. Ottawa, Michalek 12 (Regin, Campoli) 11:18
Penalty — Fisher Ott (tripping) 19:10.
Third Period
9. Detroit, Franzen 24 (Zetterberg, Rafalski) 0:30 (pp)
10. Ottawa, Michalek 13 (Kovalev, Regin) 0:59
11. Detroit, Franzen 25 (Rafalski, Lidstrom) 7:10
12. Detroit, Franzen 26 (Zetterberg) 19:26 (en)
Penalties — Campoli Ott (hooking) 5:59, Phillips Ott (cross-checking) 6:51, Bertuzzi Det (slashing) 16:40, Neil Ott (misconduct) 19:48.
Shots on goal by

Detroit	13	12	13—38
Ottawa	11	15	8—34

Goal (shots-saves) — Detroit: Howard (W,25-8-3); Ottawa: Lehner (19-15), Elliott (L,13-17-7)(10:49 second, 19-17).
Power plays (goals-chances) — Detroit: 2-3; Ottawa: 1-2.
Referees — Mike Leggo, Kevin Pollock. **Linesmen** — Rody Vaughan, Mark Wheeler.
Attendance — 18,011 (19,153) at Ottawa.

LATE TUESDAY

CANADIENS 3, CAPITALS 2 (SO)

First Period
1. Washington, Perreault 6, 2:29
2. Washington, Knuble 12 (Green, Perreault) 7:49 (pp)
Penalties — Hamrlik Mtl (hooking) 5:54, Plekanec Mtl (hooking) 7:49, Knuble Wash (tripping) 9:33, Alzner Wash (holding) 16:37, Ovechkin Wash (slashing) 20:00.
Second Period
3. Montreal, Gionta 17 (Kostitsyn, Wisniewski) 8:28
4. Montreal, Gionta 18 (Plekanec) 17:22
Penalty — Laich Wash (slashing) 10:09.
Third Period — No Scoring.
Penalties — Subban Mtl (roughing) 3:15, Laich Wash (tripping) 3:37, Laich Wash (hooking) 15:19.
Overtime — No Scoring.
Penalties — None.
Shootout — Montreal wins 1-0
Montreal (1) — Gionta, goal; Wisniewski, miss; **Washington (0)** — Backstrom, miss; Hendricks, miss; Ovechkin, miss.
Shots on goal by

Montreal	11	15	10	2—38
Washington	9	6	9	5—29

Goal — Montreal: Price (W,25-16-5); Washington: Varlamov (L,8-7-4). **Power plays (goals-chances)** — Montreal: 0-6; Washington: 1-3.
Att. — 18,398 (18,398) at Washington.

FLAMES 3, PREDATORS 2 (SO)

First Period
1. Nashville, Erat 7 (Kostitsyn, Goc) 7:43
Penalties — Spaling Nash (hooking) 0:20, Suter Nash (closing hand on puck) 3:24, Pardy Cal (interference) 11:43, Regehr Cal (slashing) 15:52.
Second Period — No Scoring.
Penalties — Spaling Nash (tripping) 1:37, Smithson Nash (high-sticking) 5:32, Kiprusoff Cal (interference; served by Jackman) 19:13.
Third Period
2. Calgary, Stajan 4 (Jackman, Glencross) 2:57
3. Nashville, Hornqvist 16 (Weber, Kostitsyn) 5:24 (pp)
4. Calgary, Sarich 2 (Tanguay, Morrison) 9:04
Penalties — Jokinen Cal (tripping) 4:56, Spaling Nash (interference; served by Hornqvist) 16:32.
Overtime — No Scoring.
Penalties — None.
Shootout - Calgary wins 1-0
Calgary (1) — R.Bourque, goal; Tanguay, miss; Jokinen, miss; **Nashville (0)** — Erat, miss; Franson, miss; Legwand, miss.
Shots on goal by

Calgary	8	6	10	4—28
Nashville	11	6	9	1—27

Goal — Calgary: Kiprusoff (W,21-18-2); Nashville: Rinne (L,17-13-5). **Power plays (goals-chances)** — Calgary: 0-5; Nashville: 1-4.
Att. — 14,360 (17,113) at Nashville, Tenn.

CANUCKS 4, STARS 1

First Period — No Scoring.
Penalties — Ehrhoff Vcr (hooking) 3:41, Robidas Dal (cross-checking) 11:17, Kesler Vcr (holding stick) 13:04, Glass Vcr (boarding) 17:27, Neal Dal (cross-checking) 19:41.
Second Period
1. Vancouver, Samuelsson 10 (Ehrhoff, D.Sedin) 0:26 (pp)
2. Vancouver, Ehrhoff 9 (D.Sedin, Samuelsson) 3:05 (pp)
3. Dallas, Eriksson 18 (Richards, Lehtonen) 6:22
4. Vancouver, Kesler 28 (Hansen) 14:25 (sh)
Penalties — Burish Dal (roughing) 2:57, L.Sweatt Vcr (hooking) 13:18, Bieksa Vcr (tripping) 18:04.
Third Period
5. Vancouver, Burrows 12 (H.Sedin) 14:57
Penalties — None.
Shots on goal by

Vancouver	7	11	8—26
Dallas	8	9	9—26

Goal — Vancouver: C.Schneider (W,9-2-2); Dallas: Lehtonen (L,22-12-5). **Power plays (goals-chances)** — Vancouver: 2-3; Dallas: 0-5.
Attendance — 12,884 (18,532) at Dallas.

SCORING LEADERS

	G	A	PT
Stamkos, TB	39	29	68
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	39	66
St. Louis, TB	20	42	62
H.Sedin, Vcr	11	51	62
B.Richards, Dal	20	38	58
Zetterberg, Det	16	37	53
E.Staal, Car	25	27	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
Eriksson, Dal	18	32	50
Kopitar, LA	16	33	49
Kesler, Vcr	28	20	48
Sharp, Chi	26	21	47
Iginla, Cal	22	25	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Backstrom, Wash	12	34	46
Ribeiro, Dal	10	36	46
Briere, Pha	26	19	45
Duchene, Col	20	25	45
Selanne, Ana	15	30	45
J.Thornton, SJ	14	31	45
Yandle, Phx	9	36	45
J.Carter, Pha	23	21	44
Nash, Clb	23	21	44
Heatley, SJ	18	26	44
Havlat, Minn	14	30	44
Toews, Chi	18	25	43
P.Stastny, Col	17	26	43
M.Koivu, Minn	14	29	43
Visnovsky, Ana	8	35	43

Not including last night's games

CURLING

CANADIAN JR CHAMPIONSHIP

At Calgary
WOMEN
Round Robin

Province (Skip)	W	L
Alberta (Chyz)	9	0
Saskatchewan (T.Paulsen)	7	2
Manitoba (B.Meakin)	6	3
New Brunswick (Armstrong)	5	4
B.C. (Silvertson)	5	4
Northern Ont. (Johnston)	5	4
Ontario (Grandy)	5	4
P.E.I. (Fullerton)	5	5
Yukon (Koltun)	4	5
Nova Scotia (Doucet)	4	5
N.L. (Porter)	3	7
Quebec (Routledge)	2	8
NWT (Williams)	0	9

Yesterday's results
Draw 10
Alberta 5 P.E.I. 4
Manitoba 6 Northwest Territories 4
Northern Ontario 9 Ontario 8 (extra end)
Nova Scotia 9 B.C. 8 (extra end)
Saskatchewan 9 Newfoundland & Labrador 2
Yukon 12 Quebec 2
Draw 11
Saskatchewan vs. Nova Scotia; New Brunswick vs. Northern Ontario; B.C. vs. Ontario; Northwest Territories vs. Yukon; P.E.I. vs. Manitoba; Quebec vs. Alberta.
Today's games
(all times Eastern)
Draw 12, 3 p.m.
Alberta vs. B.C.; Ontario vs. Saskatchewan; Manitoba vs. Yukon; Northern Ontario vs. Nova Scotia; Northwest Territories vs. Newfoundland & Labrador; Quebec vs. New Brunswick.
Draw 13, 7:30 p.m.
Yukon vs. Ontario; Saskatchewan vs. Alberta; B.C. vs. Manitoba; Nova Scotia vs. P.E.I.; Newfoundland & Labrador vs. Northern Ontario; New Brunswick vs. Northwest Territories.
End of Round Robin
MEN
Round Robin

Province (Skip)	W	L
Saskatchewan (Moskowy)	9	0
Ontario (Camm)	7	2
Nova Scotia (K.Thompson)	6	3
N.L. (C.Thomas)	6	4
Alberta (Hodgson)	5	4
New Brunswick (Rennie)	5	4
Yukon (T.Scoffin)	5	4
Northern Ont. (Johnston)	4	5
Manitoba (Good)	4	5
P.E.I. (Pitre)	3	7
NWT (C.Miller)	2	7
B.C. (Gardner)	2	7
Quebec (Bourget)	2	8

Yesterday's results
Draw 10
Alberta 7 P.E.I. 6 (extra end)
Manitoba 9 Northwest Territories 3
Nova Scotia 9 B.C. 4
Ontario 10 Northern Ontario 7
Saskatchewan 5 Newfoundland & Labrador 2
Yukon 9 Quebec 3
Draw 11
Saskatchewan vs. Nova Scotia; New Brunswick vs. Northern Ontario; B.C. vs. Ontario; Northwest Territories vs. Yukon; P.E.I. vs. Manitoba; Quebec vs. Alberta.
Tuesday's Late Results
Ninth Draw
Manitoba 10 Quebec 6
Newfoundland & Labrador 8 B.C. 5
Northern Ontario 4 Yukon 2
Ontario 5 Nova Scotia 3
P.E.I. 7 Northwest Territories 5
Saskatchewan 9 New Brunswick 4
Today's games
(all times Eastern)
Draw 12, 3 p.m.
Alberta vs. B.C.; Ontario vs. Saskatchewan; Manitoba vs. Yukon; Northern Ontario vs. Nova Scotia; Northwest Territories vs. Newfoundland & Labrador; Quebec vs. New Brunswick.
Draw 13, 7:30 p.m.
Yukon vs. Ontario; Saskatchewan vs. Alberta; B.C. vs. Manitoba; Nova Scotia vs. P.E.I.; Newfoundland & Labrador vs. Northern Ontario; New Brunswick vs. Northwest Territories.
End of Round Robin

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's results
Birmingham 2 Manchester City 2
Blackburn 0 Tottenham 1
Blackpool 1 West Ham 3
Bolton 1 Wolverhampton Wanderers 0
Fulham 1 Newcastle 0
Liverpool 2 Stoke 0

ITALY

SERIE A

Yesterday's results
AS Roma 1 Brescia 1
Cesena 1 Catania 1
Chievo Verona 2 Napoli 0
Fiorentina 1 Genoa 0
Palermo 2 Juventus 1
Parma 0 Lecce 1
Sampdoria 0 Cagliari 1
Udinese 1 Bologna 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Hibernian 2 St. Mirren 0
Motherwell 0 Kilmarnock 1
Rangers 1 Hearts 0

SPAIN

COPA DEL REY

SEMIFINALS — RETURN LEG
Yesterday's results
Almeria 0 Barcelona 3
(Barcelona advances on 8-0 aggregate)
Real Madrid 2 Sevilla 0
(Real Madrid advances 3-0)

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia
Yesterday's results
Singles — Second Round
Marin Cilic (1), Croatia, def. Igor Kunitsyn, Russia, 7-6 (3), 6-2.
Guillermo Garcia-Lopez (3), Spain, def. Lukas Lacko, Slovakia, 6-1, 2-6, 6-2.
Florian Mayer (5), Germany, def. Radek Stepanek, Czech Republic, 7-6 (3), 6-3.

ATP SA OPEN

At Johannesburg
Yesterday's results
Singles — First Round
Frank Dancevic, Niagara Falls, Ont., def. Feliciano Lopez (1), Spain, 6-7 (5), 6-2, 7-6 (8).
Jesse Huta Galung, Netherlands, def. Janko Tipsarevic (3), Serbia, 6-7 (4), 6-4, 7-6 (4).
Go Soeda, Japan, def. Rainer Schuettler (7), Germany, 3-6, 6-4, 6-4.
Second Round
Simon Greul, Germany, def. **Milos Raonic, Thornhill, Ont.**, 7-6 (5), 6-4.
Doubles – First Round
James Cerretani, U.S., and **Adil Shamasdin, Pickering, Ont.**, def. Kevin Anderson and Fritz Wolmarans, South Africa, 7-6 (1), 6-4.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	5	4	1	.800	62	50	—
Philadelphia	5	3	2	.600	46	45	1
Buffalo	4	2	2	.500	38	38	1½
Rochester	4	2	2	.500	38	48	1½
Boston	6	3	3	.500	55	46	1½

WEST DIVISION

Minnesota	4	3	1	.750	46	37	—
Calgary	6	4	2	.667	71	69	—
Washington	5	2	3	.400	59	64	1½
Colorado	4	1	3	.250	39	41	2
Edmonton	5	0	5	.000	44	59	3½

WEEK FIVE
Tomorrow's game
Minnesota at Buffalo, 7:30 p.m.
Saturday's games
Philadelphia at Rochester, 2 p.m.
Toronto at Boston, 7:30 p.m.
Washington at Colorado, 9 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	37	11	.771	—
d-Miami	34	14	.708	3
d-Chicago	33	14	.702	3½
Atlanta	31	18	.633	6½
Orlando	31	18	.633	6½
New York	25	22	.532	11½
Philadelphia	22	26	.458	15
Charlotte	20	27	.426	16½
Milwaukee	19	27	.413	17
Indiana	18	27	.400	17½
Detroit	17	31	.354	20
New Jersey	15	35	.300	23
Washington	13	35	.271	24
Toronto	13	37	.260	25
Cleveland	8	40	.167	29

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	40	8	.833	—
d-L.A. Lakers	34	15	.694	6½
Dallas	32	15	.681	7½
d-Oklahoma City	30	17	.638	9½
New Orleans	32	18	.640	9
Utah	29	20	.592	11½
Denver	28	20	.583	12
Portland	26	22	.542	14
Memphis	25	24	.510	15½
Phoenix	22	24	.478	17
Houston	22	28	.440	19
Golden State	20	27	.426	19½
L.A. Clippers	19	28	.404	20½
Sacramento	12	34	.261	27
Minnesota	11	36	.234	28½

d — division leader
Last night's results
Atlanta 100 Toronto 87
Philadelphia 106 New Jersey 92
Indiana at Cleveland
Charlotte at Detroit
Dallas at New York
Memphis at Minnesota
New Orleans at Oklahoma City
Portland at Denver
Milwaukee at Phoenix
Houston at Utah
Chicago at L.A. Clippers
Tuesday's results
Boston 95 Sacramento 90
L.A. Lakers 114 Houston 106 (OT)
New Orleans 97 Washington 89
Portland 99 San Antonio 86
Tonight's games
(all times Eastern)
Miami at Orlando, 8 p.m.
Milwaukee at Golden State, 10:30 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

HAWKS 100, RAPTORS 87

TORONTO (87)
Weems 5-14 2-3 12, A.Johnson 8-11 4-4 20, Bargnani 4-12 4-4 12, Calderon 3-12 4-4 11, DeRozan 8-17 0-0 16, Davis 1-3 1-2 3, Bayless 2-4 2-2 6, Wright 0-0 0-0 0, T.Johnson 1-2 1-2 3, Ajinca 2-3 0-0 4. Totals 34-78 18-21 87.
ATLANTA (100)
M.Evans 5-7 0-0 12, Smith 9-14 0-0 18, Horford 6-13 0-0 12, Bibby 2-9 0-0 6, J.Johnson 15-21 2-3 37, Ja.Crawford 2-6 2-3 7, Wilkins 0-2 0-0 0, Pachulia 2-2 2-3 6, Teague 1-2 0-0 2. Totals 42-76 6-9 100.

Toronto	24	21	24	18	—87
Atlanta	28	26	21	25	—100

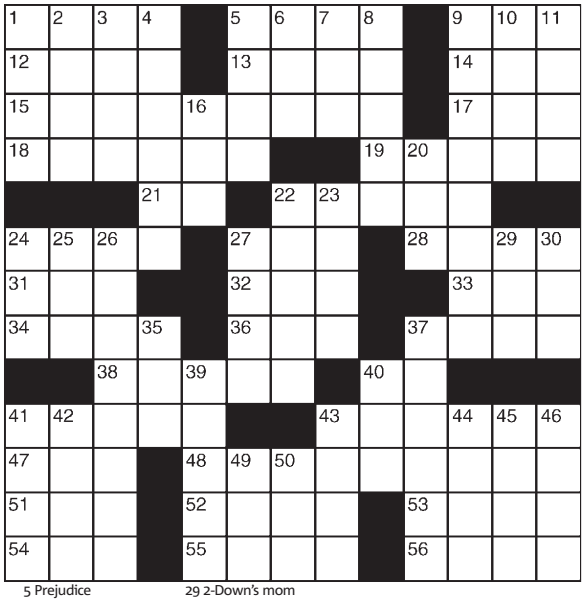
3-Point Goals—Toronto 1-5 (Calderon 1-3, Bargnani 0-2), Atlanta 10-24 (J.Johnson 5-8, M.Evans 2-3, Bibby 2-7, Ja.Crawford 1-3, Wilkins 0-1, Smith 0-2). Fouled Out—None. Rebounds—Toronto 41 (A.Johnson 14), Atlanta 43 (Horford 14). Assists—Toronto 22 (Calderon 10), Atlanta 30 (J.Johnson 8). Total Fouls—Toronto 14, Atlanta 19. Technicals—DeRozan, Toronto Coach Triano, Toronto defensive three second 2, Atlanta defensive three second. A—14,025 (18,729) at Atlanta.

NFL

SUPER BOWL XLV

Sunday's game
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

Crossword



Across

1 Tranquil
5 Ointment
9 — de deux
12 Do as you're told
13 Pelvic bones
14 Joan of —
15 Rag
17 Shell-game item
18 Respectable people?
19 Glisten
21 "Behold!"
22 Dim, as with tears
24 Vex
27 Cattle call
28 Molt
31 D.C. VIP
32 Fall back
33 Rd.
34 Fellows
36 Rushmore figure
37 Ragout or ratatouille
38 Unhealthily pale
40 "I see"
41 SeaWorld attraction
43 Big flop
47 Chance
48 Tatum O'Neal's first movie
51 Tramcar contents
52 Verve
53 Felipe of baseball
54 Apiece
55 Tear in two
56 Untouchable Eliot

Down

1 Scoop holder
2 First victim
3 Naughty
4 Yours truly
5 Prejudice
6 Matterhorn, for one
7 Whopper
8 Mrs. Homer Simpson
9 Wearable origami?
10 Neighborhood
11 Con
16 Expert
20 Part of UNLV
22 Coventry cop
23 Earring locale
24 Fuel economy stat
25 Debtor's letters
26 Zapper ancestor
27 Vegan's no-no
29 2-Down's mom
30 Morning moisture
35 Our uncle
37 Tribal magician
39 "Great!"
40 Melody
41 Buy stuff
42 Aesopian also-ran
43 Stave (off)
44 Unrivaled
45 Dove's vocabulary
46 Responsibility
49 Brewery product
50 Skillet

▶ Yesterday's answer

D	A	S	H		P	A	L		M	A	M	A		
A	I	N	U		A	M	Y		O	R	A	L		
D	R	A	M	A	T	I	C		N	O	R	A		
A	S	P	I	R	E		R	E	A	M	E	R		
			D	E	L		A	G	R	A				
B	I	D		A	L	E		O	C	T	E	T		
A	D	O	S		A	N	Y		H	I	V	E		
R	O	G	U	E		D	A	M		C	A	N		
		M	A	K	E		N	A	B					
S	H	A	V	E	N		K	A	R	A	T	S		
K	I	T	E		T	H	E	M	A	T	I	C		
I	R	I	S		R	U	E		G	O	G	O		
S	E	C	T		Y	E	S		S	P	E	W		

Sudoku

	2		8		1		7	
		8	3		4	1		
5								2
		7		6		5		
3								7
		4		3		8		
2								8
		3	6		9	2		
	1		7		2		9	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	1	9	7	4	8	5	3	6
8	7	5	3	9	6	2	1	4
6	4	3	1	2	5	7	8	9
1	5	2	9	8	3	4	6	7
7	3	4	5	6	2	1	9	8
9	6	8	4	7	1	3	2	5
5	8	1	6	3	4	9	7	2
3	2	7	8	5	9	6	4	1
4	9	6	2	1	7	8	5	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Boobear, You are the sweetest person I've ever met. The last 3 years have been amazing and I cant wait to spend the rest of my life with you. Love you always, **YOUR NARNAR**

Angelito G.Q. , WOW is your 10th birthday!!! we feel so blessed to have you as our son. You are a caring brother and a truly amazing boy. May God keep on blessing you. Te Amo **MAMI, PAPI & ANDRES =)**

Eliza, you are so special for me. Sans toi je ne peux pas continue. Life is too short and i want just you & me live together & happy for forvever. je ne bois pas, je ne fume pas, ma seule drouge c'est toi ...

John, my alpha and omega. Your the beginning and end of my days and always on my mind. Thank you for loving me! Love always, **FIDGET**

Today -7°/-11° Sunny
Friday -7°/-10° Variable
The Weather Network
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
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TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Just because something is wrong for other people, does not mean it is wrong for you. Today's new moon will encourage you to be more adventurous in your thinking.

♉ Taurus April 21-May 21 Cosmic activity on and around the midheaven angle of your chart increases your chances of material success. Don't hold back. Your desires are valid and valuable. Embrace them.

♊ Gemini May 22-June 21 Your confidence is at a high, but other aspects warn you need to supplement that confidence with both subtlety and strength of character. To get what you desire, try giving others what they desire first.

♋ Cancer June 22-July 22 You've kept your head down lately, but you will be less fearful today about the path you are planning to take. Yes, of course, some people won't like it, but do they matter?

♌ Leo July 23-Aug.23 Don't just assume that people know what you are talking about. Make sure they get the message. Spell things out for them in plain and simple language, as you might for a child.

♍ Virgo Aug. 24- Sept. 22 As Mercury, your ruler, changes signs today so it might be wise to take a look at your working routine. Common sense tells you that you cannot possibly get everything done in one mad rush, so don't risk it.

♎ Libra Sept. 23-Oct. 23 Good news of one sort or another will come your way over the next 24 hours, but it's really not unexpected. The new moon in Aquarius means a new start is not only possible but hugely desirable.

♏ Scorpio Oct. 24-Nov. 22 Don't waste time giving a loved one advice. He or she won't listen. Just let him or her get on with it and be there to pick up the pieces when it goes wrong.

♐ Sagittarius Nov. 23-Dec. 21 You seem to be in a carefree mood at the moment and long may it continue. Social events and travel plans are under excellent stars today, so get out and about.

♑ Capricorn Dec. 22-Jan. 20 You must be honest in all your dealings today, especially those that involve money. You'll be rewarded you if you make sure everyone benefits.

♒ Aquarius Jan. 21-Feb. 18 Not only is there a new moon in your sign today but Mercury, planet of the mind, moves into your sign, too. That suggests you know exactly what you should be doing and exactly how it must be done.

♓ Pisces Feb. 19-March 20 If you look for reasons to work with others, rather than against them, you'll find that everything runs smoothly over the next 24 hours. Remember, too, that not everyone is perfect. SALLY BROMPTON

Caption contest

KHIN MAUNG WIN/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JEFFERY PHELPS THE ASSOCIATED PRESS

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